Hafa Adai!

Palacios, Apatang, 16 candidates file their candidacies. PAGE 2
Japan OKs preparation step for Fukushima plant water release. PAGE 6

$1

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IN THE BSI/IPI SUIT TO STAY REVOCATION OF CASINO LICENSE

CCC seeks denial of IPI bid for preliminary injunction

By KIMBERLY B. ESMORES
Kimberly_esmores@saipantribune.com
REPORTER

Because a settlement agreement has yet to be executed between the Commonwealth Casino Commission and the Saipan casino operator, the CCC now wants to resume proceedings to strip Imperial Pacific International (CNMI) LLC's of its exclusive casino license.

Acting on behalf of the CCC, assistant attorneys general Keisha Blaise and Alison Nelson filed Friday an opposition to IPI's initial motion for a preliminary injunction to stay revocation proceedings in IPI's casino license.

According to the 24-page opposition filed by the two lawyers in the U.S. District

See CCC on Page 4

UN health agency chief declares monkeypox a global emergency

By MARIA CHENG
AP MEDICAL WRITER

Ghebreyesus

LONDON (AP)—The expanding monkeypox outbreak in more than 70 countries is an "extraordinary" situation that qualifies as a

See UN on Page 4

MSA inaugural flight in August

Marianas Southern Airways posted this picture on its Facebook page last Saturday with the caption that its spare plane has arrived. In a previous post, it said that the first two of its brand-new Tecnam twin engine are ready to be delivered to the CNMI and that it expects to be flying by mid-August.
MARIANAS SOUTHERN AIRWAYS

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The CNMI's newest interisland air service provider, Marianas Southern Airways, says it is on track to launch its inaugural flight as early as August.

For the past few months, Marianas Southern Airways has been teasing the entire CNMI community, first with promotional fare rates, followed by a series of posts promising the launch of its booking website "soon." However, in a Facebook post

See MSA on Page 4

COMMUNITY VULNERABILITY

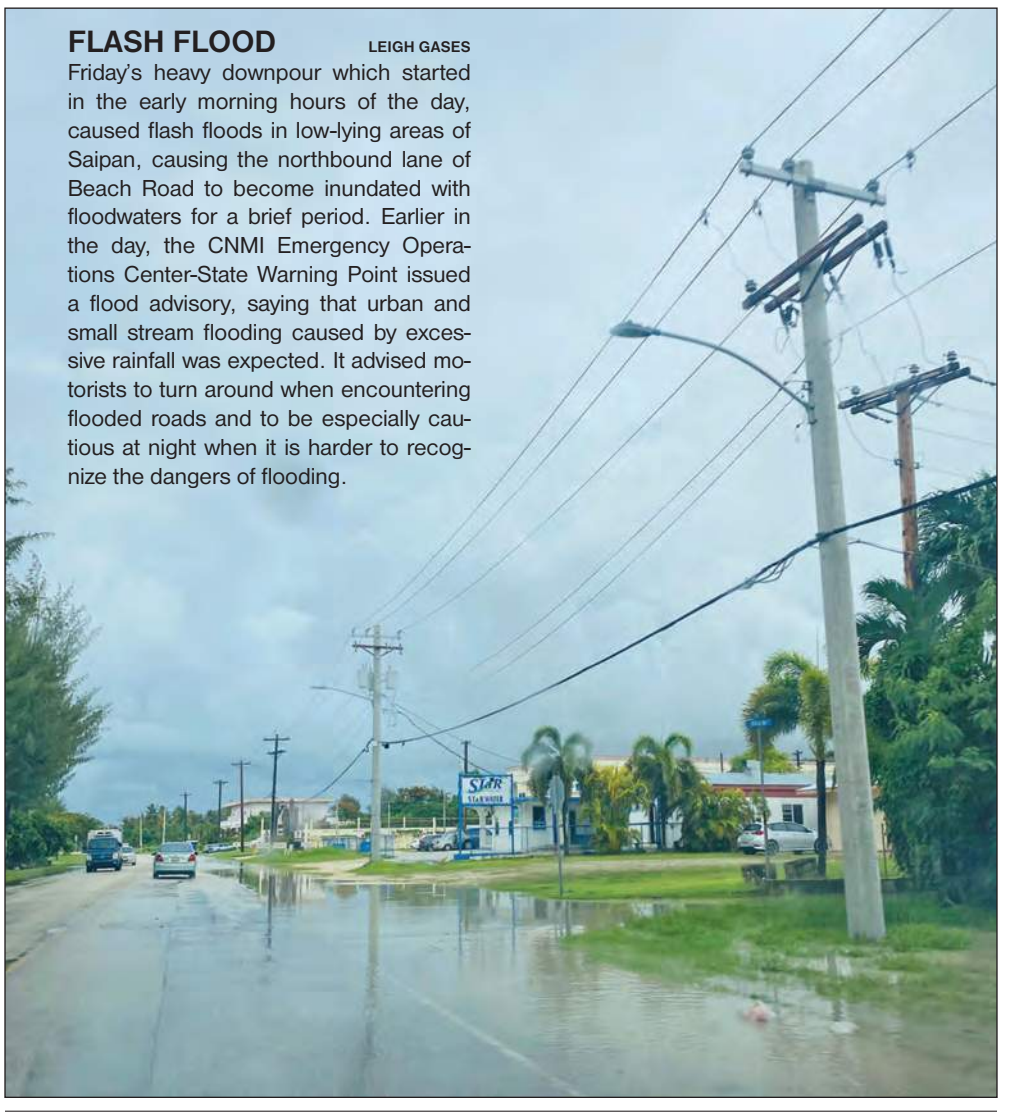
LEGEND:
- **Red:** Least safe
- **Orange**
- **Yellow**
- **Blue**
- **Green:** Safest

Source: Office of the Governor

FLASH FLOOD

LEIGH GASES

Friday's heavy downpour which started in the early morning hours of the day, caused flash floods in low-lying areas of Saipan, causing the northbound lane of Beach Road to become inundated with floodwaters for a brief period. Earlier in the day, the CNMI Emergency Operations Center-State Warning Point issued a flood advisory, saying that urban and small stream flooding caused by excessive rainfall was expected. It advised motorists to turn around when encountering flooded roads and to be especially cautious at night when it is harder to recognize the dangers of flooding.



INSIDE

BUSINESS
Starting July 22, 2022, all residents and visitors of Tinian are welcome to visit the new Docomo Pacific retail store at the FPA building.

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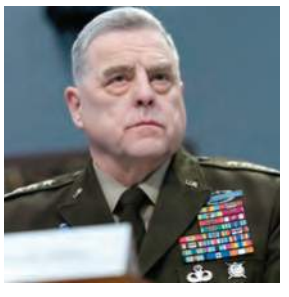

ASIA
The Chinese military has become significantly more aggressive and dangerous over the past five years, the top U.S. military officer said.

PAGE 13

LIFE & STYLE
World Wrestling Entertainment impresario Vince McMahon announced Friday he is retiring amid an investigation into alleged misconduct.

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Local

Palacios, Apatang, 16 candidates file their candidacies

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Lt. Gov. Arnold Indalecio Palacios and Saipan Mayor David Mundo Apatang filed Friday morning their candidacies as governor and lieutenant governor, respectively, along with their slate of 16 candidates under a unified independent team.

Palacios, Apatang, and their 16 candidates submitted their petitions for nomination and candidacy documents to Commonwealth Election Commission executive director Kayla S. Igitol and CEC staff inside the CEC office in Susupe.

Former governor Benigno R. Fitial and newly removed Division of Customs and Biosecurity director Jose Mafnas Sr. were among the many supporters, family members, and friends who were present at the filing.

Lt. Gov. Palacios said in a later interview that he is grateful to the families, friends, and supporters who joined them and their candidates as they filed their candidacies for the Nov. 8 general election.

"It's a very important milestone so to speak in the election process—the filing of petitions," Palacios said.

He said that, under the present circumstances, government employees are "very reluctant" to come out and show their support for their "Team AD 2022," referring to their campaign slogan, which stands for the initials of Palacios and Apatang's first names, Arnold and David.

"Be that as it may, we remain very positive. Our candidates are positive and our people are positive," Palacios said.

Also in a later interview, Apatang said he's humbled for all the supporters that came up and that they're looking forward to continuing this movement.

"And I hope that people would open up and join our movement to get this government back in the right direction," he said.

Apatang said he believes that as they go along, a lot of people will be joining them. "There's a lot of them. That shows that they want change in the direction of this government. We're asking them, 'Don't be afraid, come up and join the right direction,'" the mayor said.

FERDIE DE LA TORRE

Lt. Gov. Arnold I. Palacios shakes the hand of Commonwealth Election Commission executive director Kayla S. Igitol Friday after filing his candidacy as governor, with Saipan Mayor David M. Apatang, second from left, as his running mate, under an independent team, for the Nov. 8 general election. Also in the photo, from left front, are former governor Benigno R. Fitial and former House speaker Oscar M. Babauta.

Former House speaker Oscar M. Babauta, who is chairman of the AD 2022 Campaign Committee, said their candidates are committed to forge a strong and vibrant alliance with the Palacios-Apatang tandem.

Babauta said countless numbers of CNMI residents throughout the Commonwealth have since signified their commitment and that of their families.

He said most if not all public and private sectors are rallying behind Team AD 2022's campaign slogan of "Rebuilding Trust" within the government.

Babauta said the team does not have any candidate within the first and 2nd senatorial districts, or Rota and Tinian because they agreed that the local elective process should be left to the people of both senatorial districts.

Babauta said their executive campaign committee members come from a diverse group of former politicians, all of whom had prior positive results in one way or another in previous campaigns. He said Palacios and Apatang and the committee are grateful to all these individuals for their volunteer spirit.

For Saipan mayor, the AD Team's candidate is Ramon "RB" B. Camacho.

For the Senate Saipan seats, the team has Rep. Corina L. Magofna and former Commerce secretary Andrew Sablan Salas.

For House Precinct 1, the team has four—former representative Roman Cepeda Benavente, Vincent Seman Aldan, Shawn Delos Reyes Kaipat, and Raymond Ulloa Palacios.

For House Precinct 2, reelectionist Rep. John Paul Palacios Sablan is teaming with Manny Gregorio Tenorio Castro.

For House Precinct 3, House vice speaker Blas Jonathan Tenorio Attao and House floor leader Ralph Naraja Yumul, both Republicans, are seeking re-election under the AD team. Also running under the team are Delbert Taitano Pua and Marissa Renee A. Flores.

For House Precinct, 4, Rep. Joel Castro Camacho, a former Republican, is seeking re-election under the AD team. Malcom Jason Omar is also the team's other candidate.

For House Precinct 5, the team's bet is Angelo Atalig Camacho.

Gov. Ralph DLG Torres is seeking re-election, with Sen. Vinnie Vinson Sablan (R-Saipan) as his running mate, under the NMI Republican Party. Torres, Sablan and their team are set to file their candidacies on Aug. 9 at 10am.

Reps. Christina Marie E. Sablan and Leila Haveia Fleming C. Staffler are running as governor and lieutenant governor, respectively, under the NMI Democratic Party. Sablan and Staffler, along with their candidates, are going to file their candidacies on Aug. 5.

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'Political intimidation, harassment, and retaliation in the workplace'

In a memorandum served on CNMI Customs director Jose Mafnas by Finance Secretary David Atalig on July 21, 2022, Mafnas, the long-time head of the Division of Customs, was abruptly removed from his post, and re-assigned to the Department of Commerce effective immediately.

In his memorandum, Atalig seems to contradict himself as, in it, he praised Mafnas' leadership as "outstanding" for the Customs Division and even acknowledged the director as a "productive and competent" leader of the Department of Finance's management team, all the while inexplicably informing Mafnas of his removal.

"The abrupt removal of Director Mafnas from his position, despite the glowing praises from the Secretary of Finance, is nothing short of a failed attempt to cover up a political retaliation against the director," said Lt. Gov. Arnold I. Palacios. "This is very petty. I find it appalling that, as a Commonwealth, we have stooped this low. We are better than this. We need to rise above the fray and give our people the freedom to choose their leaders without fear of retaliation."

The removal of Mafnas from his position is just the latest of a growing list of hardworking, dedicated government employees that have been given the "pink slip" for being suspected of not supporting the administration.

Mayor David M. Apatang also expressed his frustration about the apparent political firings and harassment and Mafnas' reassignment. "What happened to Director Mafnas is a travesty, not just for Mafnas, but for our people who have benefitted from his steadfast leadership and success in keeping drugs from entering the CNMI and keeping our borders secure," said Apatang. "This type of political gamesmanship has no place in the Marianas that we all know and it must stop now." ***(PR)***

EARTHQUAKE BRIEFS

4.8-magnitude earthquake south of Merizo, Guam

At 7:07am on July 23, 2022, a report of a 4.8-magnitude earthquake occurred 169 kilometers south of Merizo in Guam. Currently, no tsunami warnings or advisories were issued by the Pacific Tsunami Warning Center. ***(PR)***

5.2-magnitude earthquake in Misawa, Japan region

At 1:01pm on July 22, 2022, a 5.2-magnitude earthquake occurred at 40.646°N 141.344°E in Misawa, Japan. Currently there are no tsunami warnings or advisories that were issued by the Pacific Tsunami Warning Center. ***(PR)***

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Atalig explains reasoning behind Mafnas' abrupt transfer

Finance Secretary David DLG. Atalig issued the following statement Friday regarding the reassignment of Customs Division director Jose C. Mafnas to the Department of Commerce as the director of Export, Importation & Public Outreach to support collaboration between the departments of Finance and Commerce:

"After careful review of the opportunities for improvements in core management areas across the Executive Branch, and in efforts to provide a better means of collaboration between the Division of Alcohol, Beverage, Tobacco Control and the Division of Customs and Biosecurity, I have decided with reservation to reassign director of Customs Jose C. Mafnas to be the director of Export, Importation & Outreach effective July 22, 2022.

"The goal of this strategic collaboration between the department of Commerce and Finance is to identify loopholes and gaps in the system, increase tax revenues, reduce illegal importation, sale, and consumption of alcohol, beverage, and tobacco products within the CNMI, and to ensure that the CNMI's laws, rules, and regulations are updated and in harmony alongside US federal laws.

"I am confident in director Mafnas' abilities in this new position to conduct thorough reviews of all alcohol, tobacco, and related product(s) import policies that fall under law enforcement purview of the Division of Customs and Biosecurity, as well as the ABTC Division of Commerce.

"Additionally, director Mafnas' leadership and vision as shown throughout his time as director of Customs underscores his abilities to accomplish the critical duties and responsibilities of this new role. I wish director Mafnas success, and look forward to his continuous productive and engaging leadership in this new management endeavor." ***(PR)***

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Senate confirms appointment of Mendiola as casino commissioner

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The Senate confirmed Friday the appointment of Martin T. Mendiola as a member of the Commonwealth Casino Commission representing Rota.

At a special Senate session in the Senate chamber, seven senators voted "yes" and one abstained for the confirmation of Mendiola.

It was Sen. Paul A. Manglona (Ind-Rota) who abstained. Senate President Jude U. Hofschneider (R-Tinian) was absent. Acting Senate President Justo S. Quitugua (R-Saipan) presided over the session.

Sen. Francisco Q. Cruz (R-Tinian), who chairs the Senate Executive Appointments and Government Investigations Committee, moved for the adoption of their recommendation to confirm Mendiola's appointment.

Cruz said the committee has examined the credential and all pertinent documents relating to the executive appointment of Mendiola. "Based on overall assessment of Mr. Mendiola's credentials, experiences, testimonies, goals for the agency, and other relevant issues consider, your committee is convinced that Mr. Mendiola has the qualification and leadership skills necessary to serve as a member of the Casino Commission," Cruz said.

Manglona said he really has no issue with the qualification or the desire of Mendiola to help the people of the CNMI as a member of the CCC board. His concern, Manglona said, is the issue of the CCC's operation. He noted that since last year, he and Sen. Edith E. DeLeon Guerrero (D-Saipan) sponsored at least two legislations that they feel can go a long way in helping the people of the Commonwealth and its leaders in trying to address a Plan B option for what is happening now with the casino industry.

Manglona said in the future if there's a vacancy coming out with the CCC, the committee should actually question the commission as to how do they expect to continue to pay the commissioners.

He said being a commissioner is a full-time employment and that it's a financial burden for the CCC. Manglona said that, once a nominee is confirmed, the Commonwealth is liable for the person's salary.

"I'm just worried that we're [going to] be committing this financial burden again," he said.

DeLeon Guerrero said she will plead with Mendiola and all the casino commissioners to not disregard the interests of the people of the Commonwealth, and to look primarily into the receivables that remain outstanding for the Commonwealth.

DeLeon Guerrero said there are tax liens and unpaid liabilities that are still owed the people of the Commonwealth and its retirees.

She said any time there is any form of discussion about a settlement with Imperial Pacific International (CNMI) LLC, the interest of the Commonwealth, its people, and the future of the Commonwealth should not be disregarded and there should be representation at the table.

"It has to a win-win situation for all if there's [going to] be a settlement and that no liability due the Commonwealth should be written off for the sake of trying to settle," DeLeon Guerrero said.

Gov. Ralph DLG Torres appointed Mendiola to replace Diego M. Songao, who resigned as CCC commissioner in September 2021 due to health reasons.

With the Senate confirmation, Mendiola will serve the remaining term vacated by Songao, which will expire on April 30, 2024.

Mendiola used to serve as administrator of the Rota branch of the Northern Marianas College and resident director of the Rota Commonwealth Ports Authority.

USS *NEW ORLEANS* GOES UNDERWAY
Lt. junior grade Aaron Lee, from Saipan, Northern Mariana Islands, measures distances utilizing a laser range finder as the forward-deployed amphibious transport dock ship USS *New Orleans* goes underway. *New Orleans*, part of the Tripoli Amphibious Ready Group, along with the 31st Marine Expeditionary Unit, is operating in the U.S. 7th Fleet area of responsibility to enhance interoperability with allies and partners and serve as a ready response force to defend peace and stability in the Indo-Pacific region. U.S. NAVY/MCS1ST CLASS DESMOND PARKS

UN

From Page 1

global emergency, the World Health Organization chief said Saturday, a declaration that could spur further investment in treating the once-rare disease and worsen the scramble for scarce vaccines.

A global emergency is WHO's highest level of alert but the designation does not necessarily mean a disease is particularly transmissible or lethal. Similar declarations were made for the Zika virus in 2016 in Latin America and the ongoing effort to eradicate polio, in addition to the COVID-19 pandemic and the 2014 Ebola outbreak in West Africa.

WHO Director-General Tedros Adhanom Ghebreyesus made the decision on calling monkeypox a global emergency despite a lack of consensus among experts on the U.N. health agency's emergency committee, saying he acted as "a tiebreaker." It was the first time a U.N. health agency chief has unilaterally made such a decision without an expert recommendation.

"We have an outbreak that has spread around the world rapidly through new modes of transmission, about which we understand too little," Tedros said. "I know this has not been an easy or straightforward process and that there are divergent views."

WHO's emergencies chief, Dr. Michael Ryan, said the director-general declared monkeypox a global emergency to ensure that the world takes the current outbreaks seriously.

Although monkeypox has been established in parts of central and west Africa for decades, it was not known to spark large outbreaks beyond the continent or to spread widely among people until May, when authorities detected dozens of epidemics in Europe, North America and elsewhere.

Last month, WHO's expert committee said the monkeypox outbreak did not yet amount to an international emergency, but the panel convened this week to reevaluate the situation.

According to the U.S. Centers for Disease Control and Prevention, more than 16,000 cases of monkeypox have been reported in 74 countries since about May. To date, monkeypox deaths have only been reported in Africa, where a more dangerous version of the virus is spreading, mainly in Nigeria and Congo.

In Africa, monkeypox mainly spreads to people by infected wild animals like rodents in limited outbreaks that typically have not crossed borders. In Europe, North America and elsewhere, however, monkeypox is spreading among people with no links to animals or recent travel to Africa.

MSA

From Page 1

as of last week, the airline finally announced that they tentatively expect to launch their inaugural flight in August.

"We expect to be flying by mid-August. Thank you for your patience. It will be worth the wait," the post said.

The announcement came after Marianas Southern Airways announced in a post on their social media page that their first two Tecnam aircrafts are now on the way to the CNMI.

"The first two of our brand-new Tecnam twin-engine airconditioned aircraft are ready to be delivered to the CNMI. One is currently in the USA and the other in Italy! We've had a slight delay with their arrival due to permissions necessary to ferry them through various countries, and a ban on ferrying them through Russia. This has forced us to change our plans and find alternative routes for delivery. We apologize for the delay but will be opening our website as soon as we confirm the delivery dates," a post on their Facebook page stated.

Although their aircraft have yet to arrive, Marianas Southern Airways announced over the weekend that their spare plane has successfully landed on Saipan.

Marianas Southern Airways is still in the process of completing its ticketing and departure office at the Francisco C. Ada/Saipan International Airport and launching its website so passengers can start booking their interisland trips.

According to a previous article on the *Saipan Tribune*, Marianas Southern Airways is offering promotional fares for as low as $39 for a one-way trip to Tinian, $69 for a one-way trip to Rota, and an unbelievable $99 one-way trip to Guam. This is nearly half the current airfares of its competitor, Star Marianas Airlines.

At launch, the airline plans to offer over 90 weekly flights serving Saipan, Tinian, Rota, and Guam and, through Southern Airways' interline agreement with United Airlines, provides the ability to make a reservation from Tinian, Rota, or Saipan to anywhere in the United network.

Marianas Southern Airways is a joint venture between Saipan's MP Enterprises and Southern Airways Express, one of America's largest regional airlines.

It will operate the all-new Tecnam P2012 Traveler aircraft, known as the world's most advanced twin-engine turbocharged piston aircraft. The nine-seat aircraft features generous luggage allowances to complement its sleek and modern interior design, which includes LED reading lights, overhead air conditioning controls, and ergonomic seats with a USB port, armrest, and cup holder for each passenger.

CCC

From Page 1

Court for the NMI, they noted that the basis of IPI and its sister company, Best Sunshine International's, initial motion is that Section 30 of the Casino License Agreement requires arbitration, or an alternate resolution outside court, of IPI's force majeure defense.

IPI's force majeure defense is that it could not carry out its financial obligations under the CLA as a result of Super Typhoon Yutu, followed by the COVID-19 pandemic, which negatively impacted their business.

However, the lawyers argue that IPI's motion should be denied based on the plaintiffs' failure of proof as to each of the four factors necessary for such extraordinary relief: likelihood of success on the merits, irreparable harm, balance of hardship, and advancement of the public interest.

As to the merits, the lawyers argue that plaintiffs fail to prove likelihood of success on the merits in numerous respects.

First, the arbitration provision in the CLA does not apply to the enforcement actions because those actions seek to enforce violations of Commonwealth law and regulations, not conditions that arise under the CLA, the lawyers stated.

Second, CCC's counsels said that the dispute resolution provisions in the CLA that provide for arbitration do not apply to revocation proceedings.

"To the contrary, the CLA explicitly states that the dispute resolution process does not apply to revocation proceedings," they said.

Third, even if the arbitration clause applied to revocation proceedings, the arbitration anticipated by the CLA is not available.

"In any event, IPI waived its right to arbitration when it answered the complaint, pleaded its affirmative defenses (but failed to raise arbitration as a defense at that time), and requested a hearing before the commission," the opposition said.

Another deficiency in the plaintiffs' motion, the CCC lawyers stated, is plaintiffs' failure to show irreparable harm.

"Plaintiffs' alleged harm arises from plaintiffs' alleged inability to present its force majeure argument to the commission and the court, its speculation that the commission's decision on such an argument is a foregone conclusion, and its suggestion that revocation of its license would be unwarranted if the purported capital infusion is made," the opposition said.

Finally, CCC's lawyers argue that plaintiffs also cannot prove that the balance of hardship tips decisively in their favor or that the public interest supports an injunction.

"The injunction plaintiffs seek would cause significant harm to defendant as the resulting delay would hinder its funding, thereby crippling its ability to regulate and grow the casino industry in the Commonwealth and would harm the Commonwealth for the same reasons. For all these reasons and those explained below, the CCC respectfully requests that the preliminary injunction be denied," the motion stated.

BSI and IPI filed their motion for preliminary injunction eight months after CCC executive director Andrew Yeom filed five enforcement actions against IPI and over a year after the commission ordered, after two evidentiary hearings, that IPI's license was suspended indefinitely.

A settlement agreement has been in the works for over a month. In a previous hearing before the court, IPI, BSI, and CCC previously informed the court that a settlement agreement was to finalized and executed by July 18, but as of press time, no settlement has been executed.

Rotaract installs 2022-23 officers

By CHRYSTAL MARINO
chrystal_marino@saipantribune.com
CORRESPONDENT

The Rotaract Club of Saipan installed its 2022-2023 leaders and officers last Saturday at the seventh Rotaract installation and handover ceremony at the Coral Ocean Point Resort in Koblerville, with club president Richard Enrico Baleares resuming his role as president.

The other club officers who were installed were Genelin Anne Camacho as vice president, Jefferson Roe Cunanan as secretary, Hillary Denise Agulto as treasurer, Rayna Marayah Sablan as director of Community Service, Melissa Maeteny Borja as the director of International Service, Arriane Maricar Antonio as director of Club Service, Simon Jed Necesito as director of Professional Development, and Lynnaray Bernie Ann Sablan taking the role as director of Finance.

In his speech Baleares said, "I just want to thank everyone from the members, to the Rotarians, to the community partners. …Despite all the challenges we faced this year, I'm glad we were able to accomplish what we did, but also look forward to do more things for this Rotary year as well."

For this Rotary year, Baleares said the club wants to proceed with their financial literacy professional development program, in collaboration with Bank of Saipan, which would introduce individuals aged 16 and up to investments and other financial matters. He also cited their upcoming fundraisers, saying that, although they are happy and grateful for the Rotary Club of Saipan's support, the club is looking forward to be able to independently raise funds.

According to Baleares, beach and village cleanups are another target. He cited a recent cleanup project in Chalan Kanoa, which was done in collaboration with the Interact and Rotary clubs. These cleanup efforts were recognized by the *Rotary International Magazine*. "That was the first time in club history that we were featured there too," he added. Interact is a Rotary club for youth ages 12-18, while the Rotaract is for people ages 18 and older. Both are youth clubs of the Rotary Club.

Guest speaker Jerry Tanm, who is the Tan Holding Corp. CEO, encouraged all Rotaract members to continue staying active. "I'm so proud of all of you that you guys choose to be a part of this organization," he said.

Several members of the Rotary Club of Saipan, attended the event, including club president Wendell Posadas.

Rotaract Club of Saipan which was established in 2014 is part of the youth service of the Rotary Club of Saipan.

DFEMS to receive new equipment

The Department of Fire and Emergency Medical Services expect to receive new equipment funded through the Northern Marianas Housing Corp.'s grant program.

NMHC deputy corporate director Zenie Mafnas said that, following the recent procurement of over 150 fire-resistant personal protective equipment that have since been given to DFEMS, the department should expect the procurement and disbursement of vehicles that will aid in their fight against fire and search and rescue missions.

"The upcoming projects have already been funded and we've just procured about two jetskis, which are a water rescue vehicles, and two all-terrain vehicles for Fire. So we have about 120 days to have those delivered," she said.

Mafnas said the total allocation for those vehicles are $106,000. ***(Kimberly B. Esmores)***

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2nd AMENDED REQUEST FOR PROPOSALS
PROJECT NO. CPA-SA-003-19

FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT
GENERAL AIRPORT TYPHOON YUTU FENCE REPAIRS AND REPLACEMENTS

The Commonwealth Ports Authority (CPA) is soliciting proposals for the procurement, furnishing and installation of chain link fencing and accessories (commercial and industrial grades), for the installation and general Typhoon Yutu repair/replacement work of its chain-link fences per this Scope of Work and associated Contract Documents, located at the Francisco C. Ada/Saipan International Airport. Project shall be in compliance with all current federal, state and local government agencies' rules and regulations. This procurement is made in accordance with the CPA Procurement Rules and Regulations Section 40-50-225.

The CPA Executive Director hereby determines that the use of an invitation for bid is neither practical nor advantageous to the CPA because CPA wishes to acquire services and products that cannot be evaluated by cost alone, or that factors other than price, such as technical expertise and/or the quality of materials, should be considered in determining the successful contractor.

Proposals shall be submitted no later than **5:00 P.M. LOCAL TIME, FRIDAY, JULY 29, 2022**, to the Office of the Executive Director, 2ND floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport. All proposals shall become property of CPA.

Contractors are requested to submit one original and four (4) copies of their proposals, sealed in an envelope and marked on the cover package outside as follows: "**Proposal for General Airport Typhoon Yutu Fence Repairs and Replacements, Francisco C. Ada/Saipan International Airport, CPA-SA-003-19".**

The Scope of Work (SOW) may be picked up at the CPA Accounting Office upon payment of $50.00 per package. Project approach and cost must be within the parameters of the established SOW. Any deviation from the SOW, a proposal based on reduced SOW or a proposal that exceeds what is required by the SOW, may be grounds for immediate disqualification of the offeror's proposal package. Criteria for scoring proposals and proposal submission requirements are detailed in the Proposal Requirement section of the SOW.

Questions should be submitted to the CPA Executive Director, Christopher S. Tenorio, in writing, or emailed to Ms. Wendi L. Prater, Executive Assistant/Project Manager at wprater@cnmiports.com at least ten (10) days prior to the proposal submission date. Contractors are welcome to inspect the facilities that are not within any secured locations; however, site visits for the Air Traffic Control Tower and ARFF Training Facility should be coordinated with Ms. Prater at telephone number 670-237-6500 or via the email address written above. Responses to all questions or requests for information will be provided to all proposers who picked up a proposal package.

Each proposal shall be accompanied by a proposal bond issued by a CPA approved surety company, a certified check, or a cashier's check in the amount not less than ten percent (10%) of the total proposal amount. Checks shall be made payable to the Commonwealth Ports Authority. Upon award, contractor shall execute performance and payment bonds for 100% of the contract amount from a CPA approved surety prior to commencement of work.

The Project is being financed by funds from the Commonwealth Ports Authority. The contract award, if it is to be made, will be made within one hundred twenty (120) calendar days from the receipt of proposals. CPA reserves the right to hold the contract award for one hundred eighty (180) calendar days from the date of receipt of proposals. Therefore, proposers and their subcontractors must hold their proposal prices in effect for up to 180 calendar days.

The Commonwealth Ports Authority, in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 Stat. 252, 42 USC §§ 2000d to 2000d-4) and the Regulations, hereby notifies all bidders or offerors that it will affirmatively ensure that any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award.

The United States Secretary of Transportation has granted the Commonwealth of the Northern Mariana Islands an exemption from the requirements of the Department of Transportation's Minority Business Enterprise (MBE) regulation, which later became the Department of Transportation's Disadvantaged Business Enterprise program, as it relates to FAA grant programs. The Secretary of Transportation has not determined that a portion of those requirements should be reinstated.

The Commonwealth Ports Authority reserves the right to reject any or all proposals submitted for: (a) any of the reasons set forth in this Request for Proposals; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; or (c) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would be in CPA's best interest.

FOR THE COMMONWEALTH PORTS AUTHORITY:

/s/ CHRISTOPHER S. TENORIO
Executive Director

Date: June 28, 2022

COMMONWEALTH PORTS AUTHORITY (CPA)
Main Office: SAIPAN INTERNATIONAL AIRPORT
P.O. BOX 501055 • SAIPAN • MP 96950 • Phone: (670) 237-6500 • Fax: (670) 234-5962
www.cnmiports.com

AIRLINE STAIRS & AMBULIFT MAINTENANCE SERVICE AND REPAIRS
FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT
PROJECT NO. CPA-RFP-009-22

REQUEST FOR PROPOSAL

Notice is hereby given that the Commonwealth Ports Authority ("the CPA") is accepting sealed proposals, subject to the terms and conditions of this Request for Proposal ("the RFP") and other contract provisions, for awarding a contract to provide maintenance, service, and repairs to its airline stairs and ambulift truck at the Francisco C. Ada/Saipan International Airport. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the CPA because the CPA wishes to acquire services and/or products that cannot be evaluate by price alone (NMIAC § 40-50-225 (a)).

The Proposal Package is available for pick-up beginning July 18, 2022, at the Office of the Executive Director, 2nd Floor, Arrival Building, Francisco C. Ada/Saipan International Airport. Bidders must submit all required documents listed in the RFP Package. All responses to this RFP shall take into account any and/or all costs that will be charged the proposer awarded for this project. Proposers shall also take into consideration all necessary badging requirements and fees for this project.

Questions regarding this procurement should be submitted in writing to Christopher S. Tenorio, Executive Director, Commonwealth Ports Authority either by facsimile, or email cpa.receptionist@pticom.com with copy to atudela@cnmiports.com. on or before August 8, 2022.

All proposals shall be sealed and marked on the cover package outside as follows: "Airline Stairs & Ambulift maintenance service and repairs, Francisco C. Ada/Saipan International Airport /RFP-009-22". One (1) original and two (2) copies of the proposal must be submitted no later than **4:00 p.m. Local Time, August 16, 2022,** to the Office of the Executive Director at the Saipan International Airport. Proposals submitted by facsimile (fax) transmission will not be considered. Any proposals received after the submittal deadline shall be rejected and returned unopened.

The Commonwealth Ports Authority reserves the right to reject any or all proposals submitted for; (a) any of the reasons set forth in this RFP; (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid/proposal rejection or cancellation; or (c) sufficient justification exists that awarding the proposal would not be in the best interest of CPA. The CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would not be in CPA's best interest.

All proposals shall become the property of the Commonwealth Ports Authority. This RFP shall be executed as per the CPA Procurement Regulations.

FOR THE COMMONWEALTH PORTS AUTHORITY

_____ July 15, 2022
CHRISTOPHER S. TENORIO — DATE
Executive Director

COMMONWEALTH PORTS AUTHORITY (CPA)
Main Office: SAIPAN INTERNATIONAL AIRPORT
P.O. BOX 501055 • SAIPAN • MP 96950 • Phone: (670) 237-6500 • Fax: (670) 234-5962
www.cnmiports.com

PASSENGER BOARDING BRIDGES PREVENTIVE MAINTENANCE SERVICE AND REPAIRS
FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT
PROJECT NO. CPA-RFP-008-22

REQUEST FOR PROPOSAL

Notice is hereby given that the Commonwealth Ports Authority ("the CPA") is accepting sealed proposals, subject to the terms and conditions of this Request for Proposal ("the RFP") and other contract provisions, for awarding a contract to provide maintenance, service, and repairs to its three (3) Passenger Boarding Bridges (PBB) at the Francisco C. Ada/Saipan International Airport. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the CPA because the CPA wishes to acquire services and/or products that cannot be evaluate by price alone (NMIAC § 40-50-225 (a)).

The Proposal Package is available for pick-up beginning July 18, 2022, at the CPA Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport, upon a non-refundable payment of $100.00 in cash, cashier's check, or by credit card. Bidders must submit all required documents listed in the RFP Package. All responses to this RFP shall take into account any and/or all costs that will be charged the proposer awarded for this project. Proposers shall also take into consideration all necessary badging requirements and fees for this project.

A pre-proposal conference will be held at 10:00 a.m., August 5th, 2022 at the CPA Conference Room, 2nd Floor, Departure Terminal Building. The purpose of this conference is to allow potential proposers an opportunity to present questions and obtain clarification relative to any facet of this solicitation. While attendance at this conference will not be a prerequisite to submitting a proposal, proposers who intend to submit a proposal are encouraged to attend. Any site visit may be coordinated with Jack Kileleman of the CPA by calling telephone numbers (670)237-6535. Questions regarding this procurement should be submitted in writing through the CPA Procurement Officer via email at atudela@cnmiports.com on or before close of business, August 8, 2022.

All proposals shall be sealed and marked on the cover package outside as follows: "Proposal for Preventive Maintenance Service and Repairs of the three (3) Passenger Boarding Bridges, Francisco C. Ada/Saipan International Airport /RFP-008-22". One (1) original and two (2) copies of the proposal must be submitted no later than **4:00 p.m. Local Time, August 16, 2022,** to the Office of the Executive Director at the Saipan International Airport. Proposals submitted by facsimile (fax) transmission will not be considered. Any proposals received after the submittal deadline shall be rejected and returned unopened.

The Commonwealth Ports Authority reserves the right to reject any or all proposals submitted for; (a) any of the reasons set forth in this RFP; (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid/proposal rejection or cancellation; or (c) sufficient justification exists that awarding the proposal would not be in the best interest of CPA. The CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would not be in CPA's best interest.

All proposals shall become the property of the Commonwealth Ports Authority. This RFP shall be executed as per the CPA Procurement Regulations.

FOR THE COMMONWEALTH PORTS AUTHORITY

_____ July 15, 2022
CHRISTOPHER S. TENORIO — DATE
Executive Director

Japan OKs preparation step for Fukushima plant water release

By MARI YAMAGUCHI
ASSOCIATED PRESS

TOKYO (AP)—Japan's nuclear regulator on Friday approved details of a planned release of treated radioactive wastewater from the wrecked Fukushima nuclear power plant into the sea next year.

The approval by the Nuclear Regulation Authority will enable Tokyo Electric Power Co. to start building necessary facilities ahead of the discharge. It came two months after a preliminary greenlight and a subsequent public review process.

Tokyo Electric Power Company Holdings submitted the plan in December based on a government decision last year to release the wastewater as a necessary step for the plant's ongoing decommissioning.

A massive earthquake and tsunami in 2011 destroyed the Fukushima Daiichi plant's cooling systems, causing triple meltdowns and the release of large amounts of radiation. Water that was used to cool the three damaged reactor cores, which remain highly radioactive, has since leaked into basements of the reactor buildings but was collected and stored in tanks.

Local fishing communities and neighboring countries have raised concerns about potential health hazards from the radioactive wastewater, which TEPCO and government officials say will be treated to levels far below releasable standards. They maintain that the environmental and health impacts will be negligible.

Japan nuclear authority chairman Toyoshi Fuketa told reporters Friday that the release plan had no major technical or safety issues. He said the regulators will ensure approved procedures are strictly followed with transparency.

The government and TEPCO say that of more than 60 isotopes selected for treatment, all but one, tritium, will be reduced to meet safety standards. Scientists say impacts of long-term, low-dose exposure to tritium for the environment and humans are still unknown. Tritium affects humans more when it is consumed in fish, they say.

The contaminated water is being stored in about 1,000 tanks at the damaged plant. Officials say they must be removed so that facilities can be built for its decommissioning. The tanks are expected to reach their capacity of 1.37 million tons next year.

TEPCO said it plans to transport treated and releasable water through a pipeline from the tanks to a coastal facility, where it will be diluted with seawater and then sent through an undersea tunnel with an outlet about 1 kilometer (0.6 miles) away to minimize the impact on local fishing and the environment.

The government and TEPCO still need to gain local consent for building the tunnel and other related facilities. They plan to begin gradually releasing the treated water in spring 2023.

China on Friday renewed its protest over the planned wastewater release and urged Japan to carry out the disposal in "a scientific, open, transparent and safe manner."

COMMONWEALTH PORTS AUTHORITY

Main Office: SAIPAN INTERNATIONAL AIRPORT
2nd Floor Arrival Bldg.
P.O. BOX 501055 • SAIPAN • MP 96950
Phone: (1-670) 237-6500/1 • Fax: (1-670) 234-5962
E-mail Address: cpa.admin@pticom.com
Website: www.cnmiports.com

NOTICE OF BOARD COMMITTEE MEETINGS

The Commonwealth Ports Authority hereby gives notice that there will be Board Committee Meetings on Thursday, July 28, 2022, beginning 9:30 a.m. in the Aircraft Rescue and Fire Fighting (ARFF) Classroom at the Airport Fire Station, Francisco C. Ada/Saipan International Airport on Saipan.

AGENDA

AIRPORT FACILITIES COMMITTEE

I. **Call to Order, Roll Call, Adoption of Agenda, Adoption of Minutes (May 16, 2022)**
II. **Public Comments**
III. **Old Business:**
  1. Solar Request for Proposal (RFP) Status Report
  2. Public Private Partnership
  3. Adoption of Airport Rules and Regulations - Rate Methodology
IV. **New Business:**
  1. Americans with Disabilities Act and Section 504 Policy
  2. Marianas Southern Airways Lease
  3. Updated Airport Facilities Committee Report
V. **Executive Session (if needed)**
VI. **Miscellaneous/Announcements**
VII. **Adjournment**

PERSONNEL AFFAIRS COMMITTEE

I. **Call to Order, Roll Call, Adoption of Agenda, Adoption of Minutes (May 16, 2022)**
II. **Public Comments**
III. **Old Business: None.**
IV. **New Business:**
  1. Updated Personnel Affairs Committee Report
V. **Executive Session (if needed)**
VI. **Miscellaneous/Announcements**
VII. **Adjournment**

SEAPORT FACILITIES COMMITTEE

I. **Call to Order, Roll Call, Adoption of Agenda, Adoption of Minutes (May 16, 2022)**
II. **Public Comments**
III. **Old Business:**
  1. Tinian Marine Stevedore, Inc.
  2. Mobil Oil Marianas Lease (Saipan Seaport)
  3. Echo Dock
IV. **New Business:**
  1. Updated Seaport Facilities Committee Report
V. **Executive Session (if needed)**
VI. **Miscellaneous/Announcements**
VII. **Adjournment**

FINANCIAL AFFAIRS COMMITTEE

I. **Call to Order, Roll Call, Adoption of Agenda, Adoption of Minutes (May 16, 2022)**
II. **Public Comments**
III. **Old Business: None.**
IV. **New Business:**
  1. Supplemental Budget Request - Port of Saipan South Seaplane Ramp Paving & Drainage – Construction Management Services
  2. Supplemental Budget Request - Port of Saipan CPA Office Leak Repairs-Architectural/Engineering Design Services
  3. Supplemental Budget Request – Operational Expenses
  4. Supplemental Budget Request – Francisco C. Ada/Saipan International Airport Air Traffic Control Tower Renovation Project
  5. Audit Monitoring and Corrective Action
  6. Updated Financial Affairs Committee Report
V. **Executive Session**
VI. **Miscellaneous/Announcements**
VII. **Adjournment**

Oral and written testimony on the above agenda items are welcome. Written testimony on the above agenda items may be sent via email to cpa.admin@pticom.com.

Barrie C. Toves, Airport Facilities Chair | Ramon A. Tebuteb, Financial Affairs Chair | Pete P. Reyes, Seaport Facilities Chair | Joseph M. Diaz, Personnel Affairs Chair

Port of Saipan
PO Box 501055, Saipan, MP 96950
Tel. (670) 664-3550/8
Fax. (A) 322-4710

Benjamin Taisacan Manglona International Airport
PO Box 561, Rota, MP 96951
Tel. (670) 532-9497 Fax. (670) 532-9499

Tinian International Airport/Seaport
PO boc 235, Tinian MP 96952
Tel. (670) 433-9294
Fax (670) 233-0790

COMMONWEALTH PORTS AUTHORITY

MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
P.O. BOX 501055 • SAIPAN • MP 96950
PHONE: (1-670) 237-6500/1 • FAX: (1-670) 234-5962
E-MAIL ADDRESS: CPA.ADMIN@PTICOM.COM • WEBSITE:WWW.CNMIPORTS.COM

NOTICE OF REGULAR MEETING

The Commonwealth Ports Authority (CPA) hereby gives notice that a Regular Meeting of the Board of Directors will be held on Thursday, July 28, 2022, at 2:00 p.m. in the Aircraft Rescue and Fire Fighting (ARFF) Classroom at the Airport Fire Station at the Francisco C. Ada/Saipan International Airport, Saipan. The following items are on the agenda for the above-referenced meeting:

AGENDA

I. **PRELIMINARY MATTERS**
  1. Call to Order
  2. Roll Call
  3. Adoption of Agenda
  4. Adoption of Minutes (May 16, 2022)
II. **PUBLIC COMMENT(S)**
III. **CORRESPONDENCES**
IV. **COMMITTEE REPORTS**
  1. Financial Affairs Committee
  2. Airport Facilities Committee
  3. Seaport Facilities Committee
  4. Personnel Affairs Committee
V. **EXECUTIVE DIRECTOR'S REPORT**
VI. **OLD BUSINESS:**
  1. Public Private Partnership
  2. Adoption of Airport Rules and Regulations – Rate Methodology
VII. **NEW BUSINESS:**
  1. Americans with Disabilities Act and Section 504 Policy
  2. Marianas Southern Airways Lease
  3. Supplemental Budget Requests:
    a. Port of Saipan South Seaplane Ramp Paving & Drainage Construction Management Services
    b. Port of Saipan CPA Office Leak Repairs Architectural/Engineering Design Services
    c. Operational Expenses
    d. Francisco C. Ada/Saipan International Airport Air Traffic Control Tower Renovation Project
VIII. **EXECUTIVE SESSION**
  • Legal Counsel Reports: Legal matters/Litigation
IX. **MISCELLANEOUS MATTERS**
X. **ADJOURNMENT**

Persons are welcome to submit oral or written testimony on the agenda items. Written testimony may be emailed to cpa.admin@pticom.com.

KIMBERLYN KING-HINDS
Chairwoman, Board of Directors

JULY 21, 2022

MARIANAS VISITORS AUTHORITY
P.O. BOX 500861 CK
SAIPAN, MP 96950
TEL: (670) 664-3200/1
FAX: (670) 664-3237
info@mymarianas.com
www.mymarianas.com

REGULAR BOARD MEETING NOTICE

Pursuant to Public Law 8-41, Section 11, the Marianas Visitors Authority hereby gives notice that a **Regular Board of Directors Meeting will be held on Tuesday, July 26, 2022 at 9:00 a.m. at the MVA Conference Room.**

MEETING AGENDA

1) **Preliminary Matters**
  a. Call to Order
  b. Roll Call
  c. Adoption of Agenda
  d. Adoption of Minutes
    i. Regular Board Meeting Minutes – June 7, 2022
    ii. Special Board Meeting Minutes – July 2, 2022
2) **Public Comments**
3) **Committee Reports**
  a. Finance Committee
    i. Fund Status
    ii. Reprogramming of Funds
  b. Tourism Resumption Investment Plan (TRIP)
    i. Grant Program
    ii. Japan
4) **Old Business**
5) **New Business**
  a. Taiwan Market Update
  b. MVA – Global Branding
  c. Request for Proposal: Financial and Compliance Audit Services for FY2022 through FY2024
  d. Best of The Marianas
  e. Market Expansion
    i. Case Study
6) **Executive Session**
7) **Miscellaneous/Announcements**
8) **Adjournment**

/s/ Viola Alepuyo
Chairperson, MVA Board of Directors

GUAM & COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

WEBEX MEETING JULY 26, 2022

U.S. Department of Veteran Affairs
Honolulu Regional Office - Public Contact Team

Will host a Virtual Benefits Workshop for Veterans, Family Members, Surviving Spouses, and Community Providers
on
TUESDAY, JULY 26, 2022

From
4PM-6PM (GUAM & CNMI LOCAL TIME)

To participate please join us in Cisco Webex by clicking or copying and pasting the below links into your browser:

****DOWNLOAD SLIDES at:** https://www.benefits.va.gov/honolulu/

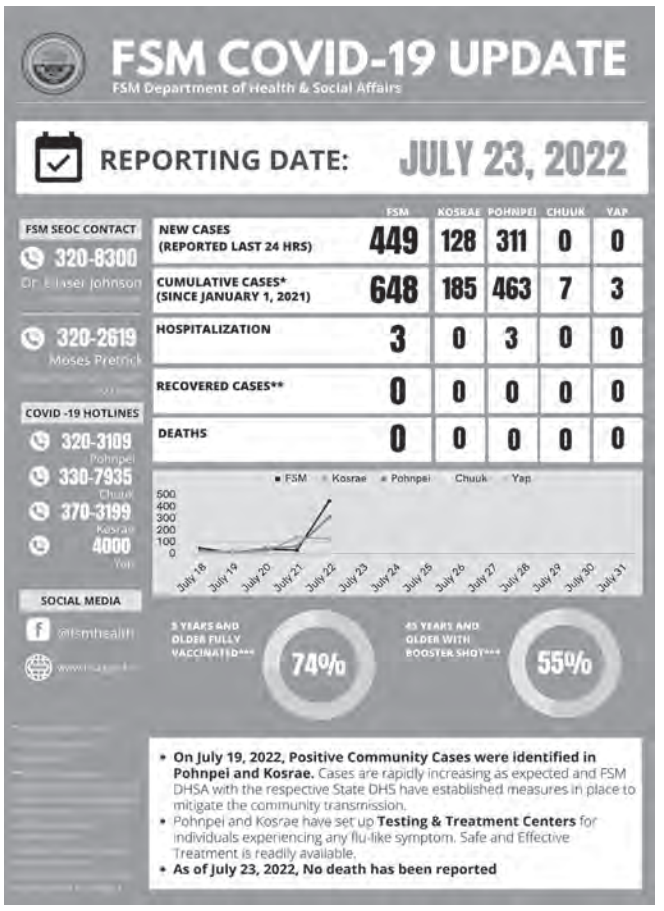
https://veteransaffairs.webex.com/veteransaffairs/j.php?MTID=me2b8d3ca549ec66603f44ecda8e386c2

You can join via Computer, Phone Audio (1-404-397-1596, 27632505673##), **or Webex Mobile App. Meeting Password: 3QnUv66yeF***

Benefits Workshop Topics:
Compensation, Service Connection, Pension, Homeless, COD, MST, Women Veterans, Education & Training, Veteran Readiness & Employment, Home Loan Guaranty, DIC, Survivors' Pension, & Burial and Plot Internment Allowance

FSM's VP hospitalized for COVID-19

The vice president of the Federated States of Micronesia, T.H. Yosiwo P. George, is hospitalized in the state of Pohnpei and is positive with COVID-19. This was confirmed by the FSM government in a news release yesterday, July 24, 2022. More information on this will be disseminated as it becomes available. ***(Saipan Tribune)***


FSM COVID-19 UPDATE
FSM Department of Health & Social Affairs
REPORTING DATE: JULY 23, 2022
FSM SEOC CONTACT
320-8300
Dr. Eliaser Johnson
320-2619
Moses Pretrick
COVID -19 HOTLINES
320-3109 Pohnpei
330-7935 Chuuk
370-3199 Kosrae
4000 Yap
SOCIAL MEDIA
@fsmhealth
FSM KOSRAE POHNPEI CHUUK YAP
NEW CASES (REPORTED LAST 24 HRS) 449 128 311 0 0
CUMULATIVE CASES* (SINCE JANUARY 1, 2021) 648 185 463 7 3
HOSPITALIZATION 3 0 3 0 0
RECOVERED CASES** 0 0 0 0 0
DEATHS 0 0 0 0 0
FSM Kosrae Pohnpei Chuuk Yap
500 400 300 200 100 0
July 18 July 19 July 20 July 21 July 22 July 23 July 24 July 25 July 26 July 27 July 28 July 29 July 30 July 31
5 YEARS AND OLDER FULLY VACCINATED*** 74%
45 YEARS AND OLDER WITH BOOSTER SHOT*** 55%
• On July 19, 2022, Positive Community Cases were identified in Pohnpei and Kosrae. Cases are rapidly increasing as expected and FSM DHSA with the respective State DHS have established measures in place to mitigate the community transmission.
• Pohnpei and Kosrae have set up Testing & Treatment Centers for individuals experiencing any flu-like symptom. Safe and Effective Treatment is readily available.
• As of July 23, 2022, No death has been reported

Gov't update on DOL portal maintenance

The CNMI Department of Labor is providing the public with the progress of its vendor's online portal maintenance for the Pandemic Unemployment Assistance and Workforce Innovation and Opportunity Act federal programs.

On Saturday, July 9, 2022, the department attended a third "Restoration Update" by its online vendor Geographic Solutions Inc. GSI detected "anomalous activity" on its network and immediately ceased online access to clients across the nation.

GSI stated that the CNMI's HireMarianas Portal would be functioning as usual no more than two days after the Third Restoration Update. On Wednesday, July 17, GSI indicated that a Domain Name System Registrar issue is the cause of the delayed relaunch of the portal and should be resolved within 24 to 48 hours.

While the maintenance process limits access to virtual records, the public is advised that individuals may still register in-person at the Department of Labor building #1353 Mednilla Ave., Capitol Hill, Saipan.

Contact the Department for PUA-related inquiries at 670-322-8870/8871/8872/8873 or via email at info@puamarianas.com. For WIOA-related inquiries contact tel. 670-664-1708/1717 or via email at cnmiwioa@dol.gov.mp. ***(PR)***

US House OKs Kilili requests for $25.5M for 12 projects

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The U.S. House of Representatives approved Wednesday the requests of Delegate Gregorio Kilili C. Sablan (D-MP) for 12 Marianas community projects worth $25.5 million.

Sablan disclosed in his *e-kilili* newsletter over the weekend that the earmarks were included in H.R. 8294, a "minibus" package of six fiscal year 2023 spending bills.

He said all Republicans voted against the bill, H.R. 8294, which now goes to the Senate for consideration.

In the Transportation-Housing and Urban Development appropriation, Sablan said the CNMI's Department of Public Works would receive $10 million for four road projects, while the Commonwealth Office of Transit Authority would receive $8.4 million for three transit projects.

He said the Agriculture-Rural Development appropriation includes four of his requests worth $6.2 million to support public libraries and access to healthcare in the Marianas.

Sablan said the Interior-Environment spending bill includes $911,302 that he requested for the Commonwealth Utilities Corp.

He said the $911,302 would pay for a comprehensive wastewater treatment analysis and feasibility study for Tinian and Rota.

The four DPW projects are:

■ $2 million Rota Route 10 Drainage Improvements and Road Overlay.

■ $2 million Tinian Route 205 Road and Drainage Improvements.

■ $2 million Saipan Route 32 Improvements.

■ $4 million Saipan Route 36 Phase 1 Construction.

■ The COTA three transit projects are:

■ $4.5 million 187 bus stop shelters for the Saipan Public Transit Fixed Route.

■ $3 million covered bus parking facilities.

■ $900,000 bus transfer stations at Northern Marianas College, Paseo de Marianas, and Kagman.

The four projects to support public libraries and access to healthcare are:

■ $1.2 million Joeten-Kiyu Public Library solar power system.

■ $436,191 furniture upgrades for Saipan, Tinian and Rota libraries.

■ $389,250 Commonwealth Healthcare Corp. peritoneal dialysis on Tinian.

■ $1.2 million CHCC parking space expansion.

Northern Marianas Humanities Council
Navigating the Human Experience

Board Vacancy Announcement

CNMI residents are invited to express their interest in serving as a Board member for the Northern Marianas Humanities Council (Council). The Council is a non-profit, private corporation affiliated with the National Endowment for the Humanities whose mission is to navigate and explore the human experiences of the indigenous and diverse peoples of the Commonwealth by enriching their lives through research, dialogue, programs, and publications.

The Council's Board is comprised of thirteen volunteer members who serve three-year terms. The Council strives to maintain a board that reflects a broad cross section of our CNMI community and consider the following factors: humanities expertise, fiscal and fundraising expertise, geographical coverage, demographic diversity, and attendance at a post-secondary institution. The ideal candidate will have a strong desire to promote the Council's mission, programs, and activities and to actively participate in fundraising activities. Board responsibilities include but are not limited to:

- Attending regular Council meetings four times annually;
- Raising funds for Council programs;
- Recruiting community partners;
- Promoting awareness about the Council's mission and its programs in the community;
- Attending Council programs and activities;
- Participating in working committee meetings;
- Evaluating Council programs and activities;
- Reviewing grant applications;
- Providing input about the humanities from various community members, and
- Attending conferences, workshops and other meetings on behalf of the Council.

Applicants are invited to submit their letters of interest and resumes to **Dr. Bobby J.A. Cruz, Chair**, Northern Marianas Humanities Council at Post Office Box 506437 Saipan, MP 96950, delivered to the Council's office located in the Springs Plaza Building in Gualo Rai, Saipan, or via email to: info@nmhcouncil.org. For additional information, please contact the Council's Executive Director, Leo Pangelinan, at telephone 235-4785 or visit the Council's website at www.nmhcouncil.org.

NOTICE TO THE PUBLIC

Available for Public Review & Comment
PY2022 Annual Action Plan
July 19, 2022

Amendment #1

The Northern Marianas Housing Corporation (NMHC) announces the availability for public review and comment, the Program Year 2022 Annual Action Plan (AAP).

The AAP is mandated by the U.S. Department of Housing and Urban Development (HUD) Office of Community Planning and Development, for the use of Community Development Block Grant (CDBG), HOME Investment Partnerships Program (HOME), and Emergency Solutions Grant (ESG) funds received by NMHC. NMHC is the Grantee of these HUD funds. NMHC administers CDBG, HOME, HTF, and ESG programs on behalf of the CNMI.

The PY2022 AAP identifies NMHC's proposed use of HUD PY2022 CDBG, HOME, ESG, and HTF funds totaling $1,781,697 for the third year of the ConPlan cycle. A detailed list of the proposed projects and activities are shown below.

Community Development Block Grant		Project Sponsor	Project Type	Amount
1	Demolition of Perilous Structures (Tinian) (Deemed unsafe and beyond repairable due to Super Typhoon Yutu)- Tinian Casino Gaming Control Commission, Tinian Municipal Council Building, Tinian Public Market	Office of the Mayor of Tinian	Clearance/Demolition	$205,000.00
2	Renovation of Tinian's Little League Baseball Field	Office of the Mayor of Tinian	Public Facility	$330,000.00
3	Purchase of (1) Rescue Watercraft and (1) All-Terrain Vehicle for Rota DFEMS and (1) Rescue Watercraft and (1) All-Terrain Vehicle for Tinian DFEMS	CNMI Department of Fire and Emergency Medical Services (DFEMS)	Public Service	$106,000.00
4	Rehabilitation of the Sinapalo Youth Center	Department of Community and Cultural Affairs- Division of Youth Services	Public Facility	$123,100.00
5	Rehabilitation of the Sinapalo Basketball Court	Department of Community and Cultural Affairs- Division of Youth Services	Public Facility	$20,000.00
6	CDBG Planning and Administrative Costs	NMHC	Program Administration	$196,025.00
	Total			**$980,425.00**
Emergency Solutions Grant		**Project Sponsor**	**Project Type**	**Amount**
7	Homeless Prevention and Rapid Rehousing Assistance/ Housing Relocation and Stabilization Services	NMHC	Homeless Prevention /Rapid Rehousing	$66,375.55
8	ESG Administrative Cost	NMHC	Program Administration	$6,030.45
9	Homeless Management Information System (HMIS)	NMHC	HMIS	$8,000.00
	Total			**$80,406.00**
HOME Investment Partnership Grant		**Project Sponsor**	**Project Type**	**Amount**
10	HOME Rehabilitation Program	NMHC	Affordable Housing	$188,165.65
11	HOME New Construction Program	NMHC	Affordable Housing	$250,000.00
12	HOME Planning and Administrative Costs	NMHC	Program Administration	$77,323.35
	Total			**$ 515,489.00**
Housing Trust Fund		**Project Sponsor**	**Project Type**	**Amount**
13	To rehabilitate up to (2) NMHC Foreclosed Units and to convert to a rental unit for an extremely low- income household	NMHC will identify a non-profit organization to administer the program	Rehabilitation of a Rental Unit	$200,677.00
14	HTF Planning and Administrative Costs	NMHC	Program Administration	$5,000.00
	Total			**$205,677.00**

The AAP will be available electronically on NMHC's website at www.nmhcgov.net. If you would like to obtain a copy or require additional information please contact Zenie P. Mafnas, Deputy Corporate Director at 234-6866 or by email at deputydirector@nmhcgov.net.

NMHC is inviting the public to comment on the proposed AAP. NMHC supports pandemic safety protocols and current mandated social distancing requirements. Public hearings will be held on Tuesday, July 26, 2022 at 5:30 p.m. on the islands of Saipan, Tinian, and Rota. Locations are as follows:

1) Saipan: NMHC Conference Room, Main Office, Garapan
2) Tinian: NMHC Field Office, San Jose Village, NMC Campus
3) Rota: NMHC Field Office, Sinapalo Village

Any person(s), agency, or organization wishing to comment on the AAP are encouraged to do so by submitting written comments to the NMHC main office at Garapan, Saipan, and/or to the Rota and Tinian Field Offices, **no later than 4:30 pm Thursday, August 18, 2022.** Written comments may also be submitted via facsimile at (670)234-9021 or by submitting via email to deputydirector@nmhcgov.net. Should you require special accommodations, please contact Ms. Mafnas, at the NMHC main office, at 670-234-6866.

Jesse S. Palacios
Corporate Director
This ad is paid for by NMHC with HUD CPD funds

Opinion

Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER
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EDITORIAL

Don't run, Joe

By CHRISTOPHER D. COOK
Progressive Perspectives

Christopher D. Cook is an award-winning journalist and author. Contact him via www.christopherdcook.com. This column was produced by Progressive Perspectives, which is run by The Progressive *magazine and distributed by Tribune News Service.*

Teetering on the brink of failure, President Joe Biden may be approaching even rockier roads this November, as congressional midterms threaten to upend what's left of his modest, moderate agenda and his approval ratings hit an all-time low.

Facing increasingly worse Republican obstruction and the frightful resurrection of Donald Trump and other right-wing GOP candidates, Biden can best serve his country and its future by announcing soon that he'll step aside in 2024—a move that could help Democrats in the midterms.

This isn't about Biden's near-octogenarian age or his grimly low popularity, reasons most pundits and Washington insiders give for Biden not to run. Instead, crucially, Biden lacks the bold leadership necessary to tackle America's urgent needs and prevent another authoritarian Republican takeover.

On profoundly pressing crises such as climate change, reproductive health care, economic inequality, voting rights, gun control and more, Biden has been unable to inspire the nation or overcome the legislative stalemate enforced by Republicans (and two conservative Democratic senators, Joe Manchin of West Virginia and Kyrsten Sinema of Arizona).

To enshrine these vital protections for the American people into federal law—and avoid a repeat of 2016 in 2024—Biden should clear the path for a viable and inspiring progressive to run and win. The sooner Biden opts out, the sooner those promising alternatives can rise up.

Even with Democratic congressional majorities (with Vice President Kamala Harris as the Senate tiebreaker), Biden has failed to deliver on essentials such as a higher minimum wage (still stuck at a miserly $7.25 per hour), serious climate action (remember the Green New Deal?), abortion rights, an assault weapons ban and much more. Build Back Better? Gone.

On July 11, RootsAction—a progressive advocacy group with 1.2 million online supporters that I occasionally work with—emerged as the first national organization to urge, "Don't Run Joe!" Confronting "the dual imperatives of preventing a Republican takeover of the White House and advancing a truly progressive agenda" in 2024, RootsAction said that renominating Biden "would be a tragic mistake."

As RootsAction co-founder Jeff Cohen explains, "the current debate over whether Biden should run again focuses too narrowly on his age and the latest polls. It's his performance—his inability to fight for working people and

See JOE on Next Page

How would you feel if you lost $58 billion? Would you still buy that superyacht?

By NICHOLAS GOLDBERG
Los Angeles Times

Nicholas Goldberg is an associate editor and Op-Ed columnist for the Los Angeles Times.

Elon Musk has lost $51 billion since the beginning of the year. Jeff Bezos has lost $55 billion.

Mark Zuckerberg lost more than half his fortune—$64 billion, as of Saturday—and plummeted to No. 17 on the Bloomberg Billionaires Index.

Call me old-fashioned, but in my world tens of billions of dollars still sounds like a lot of money. So I briefly, almost, kinda felt bad for some of the world's richest people.

But then I snapped out of it. What was I worrying about them for? No matter what happens to his portfolio, Musk isn't going to have to take on a second job. Even at No. 17 on the billionaires' list, Zuckerberg isn't going to struggle to cover his rent or pay his hospital bills.

In fact, as far as I can tell, Bezos won't even let his stupendous multibillion-dollar losses derail his plan to buy the world's biggest superyacht, a 417-foot-long behemoth sailing vessel that is reportedly going to cost him more than $500 million. The yacht made news last week because it is so tall it can't sail under the bridge in Rotterdam, Netherlands, it must pass to reach the open sea.

What kind of world do we live in where people with unimaginable fortunes build half-billion-dollar pleasure boats while more than 730 million other people subsist on less than $1.90 a day?

Worse yet, Bezos, Musk and the rest of America's hyper-rich often pay a lower effective tax rate than the rest of us—and sometimes pay nothing at all. Bezos, for instance, didn't pay a penny in federal taxes in 2007 and 2011, according to a ProPublica investigation. Musk didn't pay any in 2018.

One reason I've been stewing about this subject is that even as the stories about Bezos' yacht were coming out, I also happened to be reading an old, yellowing book I'd randomly pulled off an upper bookshelf—"Looking Backward, 2000-1887," a once-famous socialist utopian novel by Edward Bellamy first published in the late 1880s.

"Looking Backward" was an enormous bestseller when it came out, an early example of speculative futuristic fiction, preceding H.G. Wells' "The Time Machine" by about seven years. It tells the story of Julian West, a 19th century Bostonian gentleman who is put into a hypnotic trance to fight his insomnia—and wakes up 113 years later in the year 2000. To his amazement, West learns that almost all the world's great social problems have been solved.

In 21st century Boston, it seems, there's no poverty.

There are no more wars, because mankind has realized that nothing is worth fighting against except "hunger, cold and nakedness." Crime, labor strife, corruption—they're all gone, because there's no longer any motivation for them. A society has been built instead on "mutual benevolence and disinterestedness."

There are no prisons, no jails, no lawyers.

Income inequality, the defining characteristic of the so-called Gilded Age in late 19th century America when West went into his trance, has been eradicated. As in all socialist utopias, everyone is fed, housed and cared for according to his or her needs. No special perks for the Carnegies, Vanderbilts, Rockefellers, Zuckerbergs, Bezoses or Musks.

OK, OK, the book is ludicrously naive. Downright silly, really. It lectures interminably; it is self-righteous and starry-eyed. And its vision of the future is just flat-out wrong.

The intervening 20th century between when Bellamy wrote it and where we are today was one in which idealism took a beating; for much of the time, fascism, totalitarianism and mass murder were ascendant. Utopianism seems far-fetched to us now.

Bellamy may have read Marx but he knew nothing of Stalin.

Still, it's awfully sad, isn't it? Sad that more than 130 years after the book was published we're still facing so many of the same problems Bellamy believed, or perhaps hoped, would be long since solved.

Sure, people in the aggregate are no doubt better off today than they were a century ago. War is less common, life expectancy is longer, and fewer people are mired in deep poverty.

But inequality has been making a comeback. Instead of the Golden Age of mutual benevolence that Bellamy foresaw, we have 161,000 homeless people in California as of the last count. One-third of the state's residents live in or near the poverty level. At the same time, California also is home to 186 billionaires, according to Forbes—more than any other state in the country.

In America today, a shocking number of families say they would have difficulty finding $400 to cover an emergency expense. Many people can't get sick without fearing they'll go bankrupt. Ambitious students rack up tens of thousands of dol-

See SUPERYACHT on Next Page

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Solar panels

RICK'S COLUMN
By RICK ARRIOLA PEREZ
Special to the Saipan Tribune

Rick Arriola Perez is a U.S. military veteran who has worked for the U.S. Department of Defense, the Bank of Hawaii, and the government of Guam. He holds several degrees including ones from University of California Los Angeles and the U.S. Naval War College in Newport, R.I. Rick is passionate about national security and foreign affairs in the Pacific Asia region and runs a blogsite called Guam Affairs at guamaffairs.substack.com. For more information, contact Perez at rickp7839@gmail.com.

There continues to be efforts worldwide to find ways to move toward clean energy alternatives. Populations throughout the planet seek to move away from energy that is produced from fossil fuels that emit carbon into the Earth's atmosphere.

Communities worldwide are also looking for ways to recycle solid waste more effectively. American and international media platforms continue to cover work being done to move to clean energy alternatives.

The presumption that underlines the work being performed on clean energy is that the production, storage, distribution, consumption and maintenance of clean energy assets and facilities is or will be emissions-friendly and not have negative consequences that may damage the environment.

This presumption may not be true.

Now is the time to revisit ideas on solar power and clean energy

While it may be true that solar power does not produce greenhouse gas emissions or air pollution, other kinds of pollution will be produced. The opportunity to further educate our Mariana Islands chain community and talk about so-called clean energy is therefore ripe.

Throughout the United States and its colonial territories such as our Mariana Islands, we are generally moving toward putting up more and more solar panels so that we don't rely exclusively on consuming fossil fuels. The idea here is to place more focus and resources on capturing sunlight to help produce energy that is then sold to local utilities to help satisfy current and anticipated energy needs, while in many instances securing tax credits of some kind or another.

While all this is good, it is equally important to remember that solar panels and solar panel infrastructure are large tangible assets that have limited useful lives.

Some facts

Each day in the United States, over 150,000 solar panels are installed in homes and commercial places. An estimated 20 gigawatts of power are produced from these solar panels across America.

The solar panels, however, are viewed and considered as hazardous materials.

Why? Because there is glass. There is silver. There is silicon. There are toxic heavy metals.

When it comes to recycling, specialized solar panel equipment is very expensive to produce. It is much cheaper to simply crush and then discard old solar panel waste into landfills.

Many of our citizens may forget that land is required to house solar panel farms, especially for commercial projects. Jungle loss and associated loss of natural habitat is a real cost, especially on small islands such as our island chain.

Remember that lots of energy was needed and was consumed to produce new solar panels for sale.

How will the Mariana Islands recycle solar panels when it is much cheaper to simply crush the panels and dump them in the landfill?

The labor needed to take down solar panels requires specialized training to prevent glass panels from shattering. Are there training programs on our island chain to fill this future labor need? If not, why not?

Solar panel replacements, updates, and disposition methods will become major environmental, human health and public policy problems over the next several years as solar panels are bought, as solar panels expire, and as solar panels are replaced. The incentives to replace solar panels at the macroeconomic level will continue to favor consumers and individuals who want to realize greater cash flows, profits, or savings over time as newer products hit the market that are both more effective and cheaper.

What we can do now

First, let us look at the assumptions about the useful lives of solar panels because what we consider to be accurate may not necessarily be correct. Our fellow citizens have the incentive to revisit marketing claims about the useful lives of solar panels. It may be more correct to assume that the useful lives of solar panels are just a fraction of what producers of these assets claim.

Ask more questions. What percentage of total existing and future solar panels located throughout our Mariana Islands chain will be safely and completely recycled over the next 10 years? And what local and federal agencies will oversee and enforce solar panel recycling laws?

Have the Guam and CNMI legislatures taken comprehensive looks into what challenges will arise as solar panels are no longer usable? What processes, procedures, and policies are in place, if any, to account for how typhoons may wreak havoc on existing solar panel systems currently in operation? Do we have any idea of when solar panel waste will surpass new solar panel installations? How will our Mariana Islands prepare for the high volume of panel waste once these hard assets expire and are taken offline?

Solar panels contain toxic heavy metals like selenium and cadmium, which can contaminate groundwater. Most solar panels currently produced in the United States are not recycled properly because it is cost-prohibitive.

Much work needs to be done on this front and now is the time to move the needle.

A kind reminder

By LOURDES A. LEON GUERRERO
Special to the Saipan Tribune

Lou Leon Guerrero is the governor of the U.S. territory of Guam.

Editor's Note: The following is the transcript of a COVID-19 video message from Gov. Lou Leon Guerrero that was released yesterday.

Hafa Adai!

This past week, we celebrated Guam's 78th Liberation Day and reflected on the strength and resilience of our people.

Right now, we are concerned about pandemic trends around the world: Evolving variants. Waning health practices. Increasing COVID cases.

Many places are now reintroducing health and safety protocols to stop the spread.

[In] Guam, we know from our experience that our island is not immune to these global trends. In recent weeks, our local health care leaders have monitored a rise in new COVID cases and hospital admissions. This reaffirms what we cannot fail to remember: our fight with this virus is not yet over.

Because our community has worked tirelessly to get on the road to recovery, we must remain compassionate, as well as firmly decisive in how we continue to move forward. We remind those experiencing COVID symptoms to get tested. If you are taking a home test, don't forget to report a positive result to Public Health and isolate at home for five days. If symptoms worsen, contact your healthcare provider immediately or seek emergency care.

In consultation with our health care and hospital leaders, we are also strongly advising the use of face masks, especially in indoor settings. We advise all businesses and government agencies, especially those in customer service, to recommend the use of face masks for both employees and patrons at your place of business. We advise all senior citizens and those with comorbidities, and the family members or service workers that care for these high-risk groups, to wear their masks. We remind everyone that in healthcare settings, including hospitals and clinics, masks remain mandatory for the protection of vulnerable patients and front-liners.

To be clear: this is not a reinstatement of restrictions. This is a precautionary recommendation and a kind reminder that we each can continue to do our part in this phase of the pandemic.

Throughout this time, you have answered this responsibility. You rolled up your sleeves to get the protection the vaccine and boosters provide. And even when safety requirements were lifted, I know that many of you have continued to wear your mask in public settings. Your actions speak volumes, and we have every hope that with continued vigilance, we will keep saving lives. We will secure a strong recovery. And we will rise in the very spirit of liberation.

Thank you and *si yu'os ma'ase!*

JOE

From Page 8

stand up against Republican and corporate obstruction—that has us worried about 2024."

Pia Gallegos, who chairs the RootsAction board, argues: "We need a president with the vision, courage and power to achieve voting rights, a rapid transition to renewable energy, universal health care, access to abortion in all states, and controls on assault weapons and high-capacity magazines."

Beyond these broadly popular needs, Biden is floundering in purely electoral terms. Nearly two-thirds of Democrats say they want a new nominee in 2024. A whopping 94% of Democrats under age 30 don't want Biden as the nominee. Yet, Biden insists he's running. So does Donald Trump, who looms as a prodigious threat even after avalanches of evidence—thanks to the Jan. 6 committee—of his treasonous and potentially unlawful deeds.

America cannot afford another four years of authoritarian mayhem and vicious white nationalism under Trump or another right-wing Republican; nor can we afford another four years of Joe Biden's meager, woefully inadequate reforms that uphold the corporate status quo.

Biden is fond of declaring his love for America. The best way he can show the nation how much he cares is by refusing to run in 2024. Clear the path for a new voice, a bold new vision, a new nominee. Don't run, Joe.

SUPERYACHT

From Page 8

lars in debt trying to educate themselves. Wages are stagnating and prices are climbing.

Yet Bezos' yacht is so big it can't fit under the 95-year-old Koningshaven Bridge in Rotterdam. So the yacht makers had the chutzpah to ask the city to dismantle a portion of the bridge to let it through. The resulting public uproar persuaded the ship's builders not to formally apply for a permit.

I'm not recommending confiscating the fortunes of billionaires, Edward Bellamy-style, to build a socialist paradise. But I certainly favor far higher taxes on the likes of Bezos and Musk, and putting that revenue to work solving society's problems.

It's not much of a spoiler to reveal that by the end of "Looking Backward," Julian West fervently hopes that he will continue to live in the glorious future and not be returned to the dismal past.

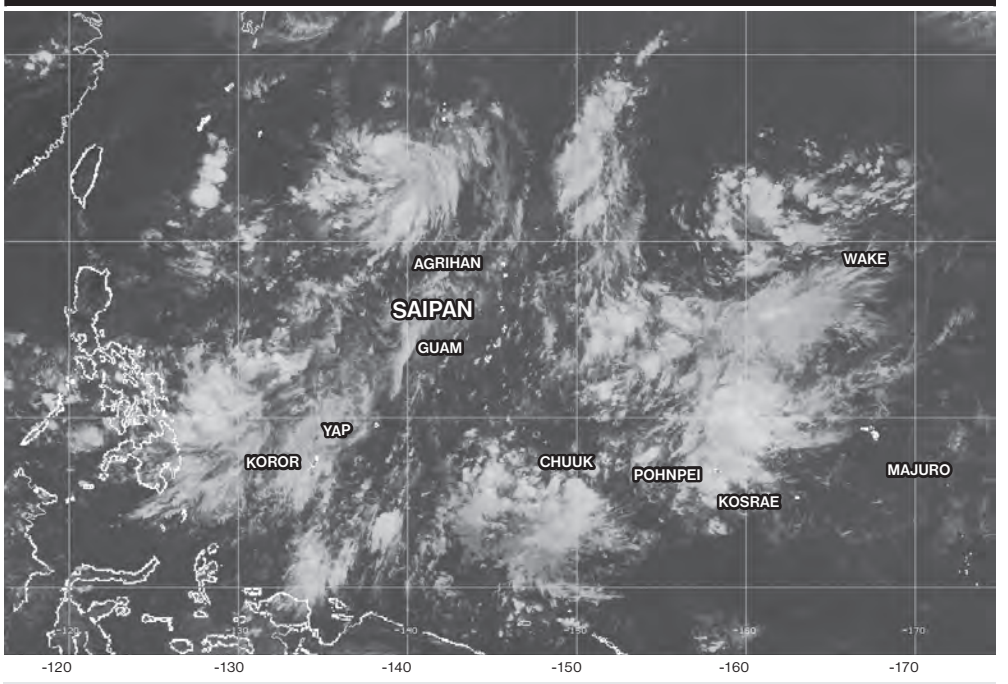
But I wonder if he were to awaken in the United States today as it really is, if he wouldn't want to catch the first boat—maybe Bezos' boat?—back to the 19th century.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scattered showers and thunderstorms. Mostly cloudy	Scattered showers and thunderstorms. Mostly cloudy	Scattered showers and thunderstorms. Mostly cloudy	Showers likely and possibly a thunderstorm. Cloudy	Scattered showers and thunderstorms. Mostly cloudy
87º 78º	86º 78º	89º 82º	87º 78º	87º 78º

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 9:25 AM, SUNDAY, JULY 24, 2022

Western North Pacific between equator and 25N from 130E to 180.

A line of showers stretches across the Marianas with some cloud tops reaching -70 C. Buoys show seas of 3 to 4 feet with a nine second period.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Thunderstorms	84° / 78°
Palau	Partly Cloudy	84° / 76°
Yap	Partly Cloudy	86° / 79°
Chuuk	Cloudy	85° / 77°
Pohnpei	Thunderstorms	85° / 77°
Kosrae	Thunderstorms	85° / 79°
Majuro	Thunderstorms	84° / 79°

DAY	SUNRISE	SUNSET
Today	5:57 AM	6:49 PM
Tuesday	5:57 AM	6:49 PM
Wednesday	5:58 AM	6:48 PM
Thursday	5:58 AM	6:48 PM
Friday	5:58 AM	6:48 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	2:43 AM	4:09 PM	-
Tuesday	3:31 AM	5:01 PM	-
Wednesday	4:22 AM	5:51 PM	-
Thursday	5:14 AM	6:38 PM	-
Friday	6:06 AM	7:22 PM	-

AROUND THE GLOBE		▲ ▼ °F
Auckland	Rain/Wind	59° / 56°
Beijing	Partly Cloudy	96° / 77°
Hong Kong	Mostly Sunny	92° / 83°
Honolulu	Sunny	85° / 74°
London	Partly Cloudy	74° / 59°
Los Angeles	Mostly Sunny	81° / 62°
Manila	Thunderstorms	88° / 78°
Melbourne	Rain	60° / 45°
Miami	Cloudy	88° / 80°
New York	Mostly Sunny	96° / 82°
Osaka	Partly Cloudy	92° / 79°
Paris	Partly Cloudy	81° / 61°
Busan	Partly Cloudy	82° / 74°
Rome	Sunny	99° / 73°
Salem	Partly Cloudy	90° / 70°
San Francisco	Partly Cloudy	64° / 53°
Seoul	Sunny	91° / 73°
Tokyo	Partly Cloudy	91° / 79°
Washington, DC	Partly Cloudy	99° / 79°

TIDES: SAIPAN HARBOR TODAY		FEET
4:06 AM	High Tide	1.84
11:54 AM	Low Tide	0.11
7:25 PM	High Tide	1.83
-	-	-

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

■ Stay home as much as possible. Avoid unnecessary travel or public places.

■ Avoid social gatherings in groups of more than 10.

■ Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.

■ Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.

■ Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.

■ Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html

■ Ensure a 30-day supply of all medicines.

Continue good hand hygiene

■ Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.

■ Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

■ Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:

• Choosing a room in your house that can be used to separate sick household members from others.

• Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

• Avoiding touching your eyes, nose, and mouth with unwashed hands.

• Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

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FLIGHT SCHEDULE AS OF JULY 18, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	9:50AM	10:30AM	Daily
UA156	6:30PM	7:15PM	6

GUAM-MANILA (MNL)

PR 111	6:00AM	8:00AM	Daily
UA193	7:05PM	10:55PM	5 via Palau
UA183	7:10PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

UA117/183	9:50AM	9:10PM	Daily via Guam
UA117/193	9:50AM	10:55PM	5 via Guam, Palau

SAIPAN-INCHEON (ICN)

TW9308	3:30PM	7:20PM	Daily
7C3405	3:30PM	7:25PM	3, 4, 6
RS112	3:45PM	7:30PM	3, 6 up to July 2 only
7C3405	3:50PM	7:45PM	7
OZ624	4:00PM	7:40PM	3, 6

SAIPAN-BUSAN (PUS)

7C3451	2:00PM	5:20PM	3, 7
BX621	3:10PM	6:30PM	3, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:45AM	Daily
UA112	4:40PM	5:30PM	6

MANILA (MNL)-GUAM

PR110	10:00PM	4:00AM+1	Daily
UA184	10:25PM	4:25AM+1	1, 2, 3, 4, 6, 7
UA192	10:25PM	6:15AM+1	5 via Palau
UA184	11:50PM	5:40AM+1	5

MANILA (MNL)-SAIPAN

UA184/174	10:25PM	8:45AM+1	1,2,3, 4, 6,7 via Guam
UA192/174	10:25PM	8:45AM+1	5 via Palau, Guam
UA184/174	11:50PM	8:45AM+1	5 via Guam

INCHEON (ICN)-SAIPAN

7C3406	8:30AM	2:10PM	3, 4, 6, 7
RS111	8:45AM	2:05PM	3, 6 up to July 2 only
TW9307	9:00AM	2:30PM	4, 6, 7
OZ623	9:00AM	2:30PM	3, 6
TW9307	9:15AM	2:30PM	1, 2, 3, 5

BUSAN (PUS)-SAIPAN

7C3452	8:00AM	1:00PM	3, 7
BX621	8:00AM	1:10PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN TO ROTA

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
1301	SAIPAN	ROTA	8:30	9:00	Daily
1302	SAIPAN	ROTA	11:00	11:30	Mon/Wed/Fri
1302	SAIPAN	ROTA	12:00	12:30	Tues/Thurs/Sat/Sun
1303	SAIPAN	ROTA	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3101	ROTA	SAIPAN	9:30	10:00	Daily
3102	ROTA	SAIPAN	13:00	13:30	Tues/Thurs/Sat/Sun
3102	ROTA	SAIPAN	14:00	14:30	Mon/Wed/Fri
3103	ROTA	SAIPAN	16:30	17:00	Daily

ROTA TO GUAM

LIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3401	ROTA	GUAM	12:00	12:30	Mon/Wed/Fri

GUAM TO ROTA

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
4301	GUAM	ROTA	13:00	13:30	Mon/Wed/Fri

SAIPAN TO TINIAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
1202	SAIPAN	TINIAN	8:00	8:15	Daily
1203	SAIPAN	TINIAN	9:00	9:15	Daily
1204	SAIPAN	TINIAN	10:00	10:15	Daily
1208	SAIPAN	TINIAN	14:00	14:15	Daily
1209	SAIPAN	TINIAN	15:00	15:15	Daily
1210	SAIPAN	TINIAN	16:00	16:15	Daily
1211	SAIPAN	TINIAN	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
2102	TINIAN	SAIPAN	8:30	8:45	Daily
2103	TINIAN	SAIPAN	9:30	9:45	Daily
2104	TINIAN	SAIPAN	10:30	10:45	Daily
2108	TINIAN	SAIPAN	14:30	14:45	Daily
2109	TINIAN	SAIPAN	15:30	15:45	Daily
2110	TINIAN	SAIPAN	16:30	16:45	Daily
2111	TINIAN	SAIPAN	17:30	17:45	Daily

JSA, NMC host first-ever civics institute in the Pacific

Eighteen high school students from the CNMI, Guam, the Republic of Palau, and the Federated States of Micronesia spent their last week on Saipan taking college-level courses in debate and environmental justice at Northern Marianas College as part of the Junior State of America's inaugural Civics Institute Micronesia.

Founded in 1934, JSA is the nation's oldest non-partisan non-profit organization dedicated to helping high school students acquire leadership skills and the knowledge. This year, NMC was selected by JSA to be the host institution for its newest summer program, Civics Institute Micronesia, a weeklong residential program on Saipan designed to engage high school students with the most pressing issues facing the Pacific today, challenging them to look beyond differences and focus on solution-oriented action. Participants gain a complete understanding of critical issues directly from the decision-makers who shape public policy and apply lessons learned to generate ideas for direct action in their communities.

In partnership with NMC, the program's core course is Environmental Justice, which is taught by Erin Derrington, JD, MESc, lead planner for the CNMI Office of Planning and Development. The program's supplementary course is Argumentation and Use of Evidence, which is taught by Dr. Katie Langford, PhD, JD, associate professor at Texas Tech University and a long-time partner of JSA.

The program's featured speakers include Gov. Ralph DLG Torres, the Northern Marianas Commonwealth Legislature, the Commonwealth Judiciary, and the U.S. District Court for the Northern Mariana Islands.

"For nearly 30 years, the Junior State of America has been entrusted by the Department of the Interior to provide civics education and leadership training to students from the U.S. territories and freely associated states," JSA chief program officer Andee Steinman said. "Knowing that travel has been, and will continue to be challenging in the post-COVID era, we were inspired to bring our programming to the CNMI. In partnership with NMC, we are thrilled to be able to reach so many students who we have missed so much over the last two years. Accessibility and participation for our students across the globe remains high on JSA's list of priorities."

"JSA has long been a prestigious and effective vehicle to prepare high school students for college while deepening their civic awareness and engagement," said NMC president Dr. Galvin Deleon Guerrero. "That is why NMC is honored to partner with JSA to co-sponsor this summer's inaugural Micronesian Institute. It has been truly inspiring to work with these bright and passionate young minds from across the Pacific in tackling the important issues of our day with academic rigor, vigorous debate, and refreshing authenticity."

CONTRIBUTED PHOTO

Evelynn Pedrus, a JSA Civics Institute Micronesia participant from Xavier High School in the Federated States of Micronesia, introduces herself to her classmates during the first day of classes.

CONTRIBUTED PHOTO

Gwyneth Danis, center, from Our Lady of Mercy Catholic High School in the Federated States of Micronesia, asks CNMI Gov. Ralph DLG Torres a question while on a visit at the Governor's Office.

The 18 students selected to attend Civics Institute Micronesia are:

- Alisha Wichep, FSM, Our Lady of Mercy Catholic High School;
- Aniken Young Perman, FSM, Xavier High School Micronesia;
- Caitlin Jewel Anson Nanpei, FSM, Pohnpei Seventh-Day Adventist School;
- Courtney Tervet, Palau, Mindszenty High School;
- Dil'Lusech Joan Mary Masami, Palau, Mindszenty High School;
- Evelynn Pedrus, FSM, Xavier High School Micronesia;
- Francis Mongkeya Laborete, FSM, Kosrae High School;
- Gwyneth Michelle Danis, FSM, Our Lady of Mercy Catholic High School;
- Hervin Ligohr, FSM, Our Lady of Mercy Catholic High School;
- Imrur Sabo Remengesau, Palau, Mindszenty High School;
- Isabella Sophia Kostka, FSM, Xavier High School Micronesia;
- Jaehoon Son, CNMI, Marianas High School;
- Julianne Limtiaco, Guam, Notre Dame High School;
- McKleana Bleong Alfred, Guam, Okkodo High School;
- Monica Mabel Penias, FSM, Our Lady of Mercy Catholic High School;
- Shawn-Michael Edwin, FSM, Our Lady of Mercy Catholic High School;
- Silani Andreas, FSM, Our Lady of Mercy Catholic High School;
- Xaeda Dilirang Hokulele Ikertang, Palau, Palau Mission Academy

Civics Institute Micronesia was made possible through a grant from the U.S. Department of the Interior Office of Insular Affairs.

For more information on Civics Institute Micronesia, contact Laurel Fischer at lfischer@jsa.org or Kevin Bautista at kevin.bautista@marianas.edu. ***(PR)***

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COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR PROPOSALS
CUC-RFP-22-035

FINANCIAL AND COMPLIANCE AUDIT FOR FISCAL YEAR ENDING SEPTEMBER 30, 2022, 2023 & 2024

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) requires the services of a U.S. Certified Public Accounting Firm/Individual with knowledge, skill, and experience in auditing (1) financial statements in accordance with generally accepted accounting principles and auditing standards of the U.S. and; (2) federal awards programs in accordance with the Single Audit Act and U.S. Office of Management and Budget requisites.

- Provide assistance to the CUC management with the preparation of the annual financial statements in accordance with accounting principles generally accepted in the United States of America
- Ensure that the financial statements and auditor's reports also meet any specific requirements contained in agreements or other contractual requirements relative to financial statement presentation and the audits.
- Submit the draft financial statements and accompanying auditor's reports to CUC management no later than January 31st of each year, and issue the final reports no later than February 28th of each year.
- Provide 15 bound copies of the final financial statements and accompanying auditor's report
- Provide an electronic copy (e.g., .pdf format) of the final report to the CUC.

Auditors are responsible to review the 2022, 2023 & 2024 financial statements to include the physical CUC assets for each fiscal year.

The RFP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $100.00 for one RFP package set.

One (1) original and five (5) hard copies, along with an electronic copy of the proposal on a compact disk in PDF format must be submitted in a sealed envelope marked ***"CUC-RFP-22-035, Financial and Compliance Audit for Fiscal Year Ending September 30, 2022, 2023 & 2024"*** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **August 3, 2022 at 10:00 AM (ChST)**. Submissions, in PDF, must also be emailed to the addresses as noted in the RFP. Late submissions and conditional proposals will not be considered.

Discussions may be conducted with responsible offerors who submit proposals determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. Offerors shall be accorded fair and equal treatment with respect to any opportunity to discussion and revision of proposals, and such revision may be permitted after submission and prior to award for the purpose of obtaining the best and final offers. During discussions, there will be no disclosure of any information derived from proposals submitted by competing offerors.

All Offeror are advised that CUC assumes no responsibility in any act of omission on the part of the Offeror due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the proposal under this request, or to procure or contract for services. Offeror are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on July 20, 2022** to Manny B. Sablan, CUC Purchasing Administrator, via email address manny.sablan@cucgov.org with a copy to Greg Cruz, CUC Chief Financial Officer, via email address greg.cruz@cucgov.org and Christie Sablan, CUC Senior Purchasing Technician via email address christie.sablan@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

CHRETIEN T. VOERG
Acting Executive Director

MANNY B. SABLAN
Purchasing Administrator

DEPARTMENT OF PUBLIC WORKS
CNMI GOVERNMENT

REQUEST FOR PROPOSAL
RFP NO.: DPW/SWMD22-RFP NO.: 42200133

SUBMISSION DATE: AUGUST 22, 2022 TIME: 10:00 A.M.

"Review and update existing Scope of Work (SOW) for the Landfill Operation and will incorporate current standards of landfill operation to improve the quality and function management required for the Marpi Sanitary Landfill Facility, Saipan".

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED AT THE SOLID WASTE MANAGEMENT DIVISION, LOWER BASE TRANSFER STATION, SAIPAN, DURING REGULAR WORKING HOURS.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICCKBACKS AND CONTINGENT FEES SHAL APPLY.

The project package will be available on or after **July 25, 2022** at the Solid Waste Management Division, Lower Base, Transfer Station, Saipan.

A non-refundable payment of **One Hundred Dollars ($100.00)** is required for each set. Payment must be made to the CNMI Treasurer and a receipt of payment must be presented when obtaining the **Scope of Work at the Solid Waste Management Division, Lower Base Transfer Station required for each set.**

There will be a Pre-bid Conference for this project on **August 9, 2022, 9:00 a.m. local time** at the Solid Waste Management Division Conference Room, Lower Base Transfer Station, Saipan. The Prospective bidders are encouraged to familiarize themselves with the site. All questions regarding this project must be submitted in writing no later than **4:30 p.m. local time on August 12, 2022** to **Mr. Blas T. Mafnas, Director of Solid Waste Management Division, Lower Base Transfer Station**, Saipan or fax to (670) 322-2762. Response to questions shall be shared with prospective bidders.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTERST OF THE CNMI GOVERNMENT.

/S/ JAMES A. ADA
SECRETARY, DPW

/S/ FRANCISCO C. AGUON
ACTING DIRECTOR,
DIVISION OF PROCUREMENT SERVICES

Business

Bank of Hawaii offers grant for Saipan small businesses

Bank of Hawai'i is now accepting applications for the I Kinometi Para I Kumunidåt I Islå-ta Small Business Revitalization and Development Grant for projects that stimulate small business development and economic activity on Saipan. Small business owners with a successful track record in business operation or management and who have not yet been a recipient of the grant are invited to submit applications by Friday, July 29, 2022. Five grants up to $5,000 each will be awarded.

Bank of Hawai'i established the grant program in 2012 to promote new businesses and to encourage existing small businesses on the island of Saipan to expand.

Grant awardees are expected to report to the bank on how the grant has made a difference to their business and the community by Friday, Sept. 16, 2022.

Applications are available at https://www.boh.com/siteassets/files/economic-grant2022.pdf or by contacting either the Pacific Islands Small Business Development Center at marianas.ecenterdirect.com. Bank of Hawai'i's Gualo Rai Branch, our Gualo Rai branch manager Rose Sumor at Rose.Sumor@boh.com or (670) 237-2983, or assistant branch manager Joanne Aldan at Joanne.Aldan@boh.com or (670) 237-2982. Applications should be submitted to Sumor via email at Rose.Sumor@boh.com or by regular mail to Bank of Hawai'i, Branch Manager, Saipan, Box 500566, Saipan MP 96950. ***(PR)***

Docomo Pacific Tinian is now open

Acting Tinian mayor Joe Santos poses with Docomo Pacific staff. CONTRIBUTED PHOTO

Docomo Pacific has opened a retail store in the FPA building on Tinian.

Starting last Friday, July 22, 2022, all residents and visitors of Tinian are welcome to visit the new Docomo Pacific retail store located at the FPA building. Customers are encouraged to visit for product or service questions, making a payment, or to hear about the latest promotions and ways to save. Docomo Pacific is excited to bring you the best products and services soon from one convenient location.

For the latest promotions and ways to save on your mobile device or telecommunication costs, visit the Tinian Retail store on Monday, Wednesday, or Friday from 8am to 5pm, call 670-488-CARE, or send an email to customercare@docomopacific.com.

Docomo Pacific is a wholly owned subsidiary of NTT Docomo, Japan's leading mobile operator. Headquartered in Tamuning, Guam, Docomo Pacific is the largest provider of personal, residential, enterprise connectivity and entertainment services in Guam and the Northern Mariana Islands. www.docomopacific.com. ***(PR)***

T-Mobile settles to pay $350M to customers in data breach

NEW YORK (AP)—T- Mobile has agreed to pay $350 million to customers affected by a class action lawsuit filed after the company disclosed last August that personal data like social security numbers had been stolen in a cyberattack.

In a Securities and Exchange Commission filing on Friday, the mobile phone company said the funds would pay for claims by class members, the legal fees of plaintiffs' counsel and the costs of administering the settlement. It also said it would spend $150 million next year and in 2023 to fortify its data security and other technologies.

T-Mobile said the settlement contains no admission of liability, wrongdoing or responsibility by any of the defendants.

The company said that it expects court approval of the terms of the settlement as early as December 2022.

Nearly 80 million U.S. residents were affected by the breach. In addition to Social Security numbers, other information breached included names and information from driver's licenses or other identification.

T-Mobile, based in Bellevue, Washington, became one of the country's largest cellphone service carriers, along with AT&T and Verizon, after acquiring rival Sprint in 2020. It reported having a total of 102.1 million U.S. customers after the merger.

T-Mobile said it expects to record a total pre-tax charge of roughly $400 million in the second quarter of this year.

Nation

Governor declares emergency for wildfire nearing Yosemite

WAWONA, Calif. (AP)—A fast-moving brush fire near Yosemite National Park exploded in size Saturday into one of California's largest wildfires of the year, prompting evacuation orders for thousands of people and shutting off power to more than 2,000 homes and businesses.

The Oak Fire started Friday afternoon southwest of the park near the town of Midpines in Mariposa County and by Saturday had grown to nearly 19 square miles (48 square kilometers), according to the California Department of Forestry and Fire Protection, or Cal Fire. It erupted as firefighters made progress against an earlier blaze that burned to the edge of a grove of giant sequoias in the southernmost part of Yosemite park.

Evacuation orders were put in effect Saturday for over 6,000 people living across a several-mile span in the sparsely populated, rural area, said Daniel Patterson, a spokesman for the Sierra National Forest.

Gov. Gavin Newsom proclaimed a state of emergency for Mariposa County on Saturday due to the effects of the Oak Fire.

More than 400 firefighters were battling the blaze, along with helicopters, other aircraft and bulldozers, facing tough conditions that included hot weather, low humidity and bone-dry vegetation caused by the worst drought in decades, Patterson said.

"Explosive fire behavior is challenging firefighters," Cal Fire said in a statement Saturday that described the Oak Fire's activity as "extreme with frequent runs, spot fires and group torching."

By Saturday morning, the fire had destroyed 10 residential and commercial structures, damaged five others and was threatening 2,000 more structures, Cal Fire said. The blaze prompted numerous road closures, including a shutdown of Highway 140 between Carstens Road and Allred Road—blocking one of the main routes into Yosemite.

California has experienced increasingly larger and deadlier wildfires in recent years as climate change has made the West much warmer and drier over the past 30 years. Scientists have said weather will continue to be more extreme and wildfires more frequent, destructive and unpredictable.

Doctor: Biden likely has highly contagious COVID-19 strain

WASHINGTON (AP)—President Joe Biden likely contracted a highly contagious variant of the coronavirus spreading rapidly through the United States, and now has body aches and a sore throat since his positive test, according to an update from his doctor on Saturday.

The variant, known as BA.5, is an offshoot of the omicron strain that emerged late last year, and it's believed to be responsible for the vast majority of coronavirus cases in the country.

Dr. Kevin O'Connor, the president's physician, wrote in his latest update on Biden's condition that Biden's earlier symptoms, including a runny nose and a cough, have become "less troublesome." O'Connor's earlier notes did not mention the sore throat or body aches.

Biden's vital signs, such as blood pressure and respiratory rate, "remain entirely normal," and his oxygen saturation levels are "excellent" with "no shortness of breath at all," the doctor wrote.

O'Connor said the results of the preliminary sequencing that indicated the BA.5 variant do not affect Biden's treatment plan "in any way."

Biden tested positive for the virus on Thursday morning. He has been isolating in the White House residence since then. Administration officials have emphasized that his symptoms are mild because he has received four vaccine doses, and he started taking the antiviral drug Paxlovid after becoming infected.

During a virtual meeting with economic advisers on Friday, Biden was hoarse but insisted, "I feel much better than I sound."

In his previous update on Biden's health, O'Connor said the president had an elevated temperature of 99.4 F on Thursday evening, but it returned to normal after taking Tylenol.

ACROSS THE NATION

US Marine in custody after stabbing death of wife in Hawaii

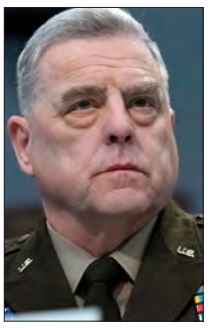
HONOLULU (AP) — An active-duty U.S. Marine accused in the stabbing death of his wife is in custody and facing a second-degree murder charge. The Honolulu Police Department said Saturday that Bryant Tejeda-Castillo was being held on $1 million bail. Police say he was captured shortly after the Wednesday killing of 27-year-old Dana Alotaibi along a freeway. Police say he was taken to the Queen's Medical Center in Honolulu with what one witness said were several self-inflicted wounds. Alotaibi's friends said she was pregnant, but police said they are awaiting autopsy results. A police spokesman on Saturday said he didn't know if Tejeda-Castillo remained at the hospital or had been transferred elsewhere. Tejeda-Castillo was arrested on a warrant of second-degree murder.

Parents, 6-year-old girl fatally shot in tent at Iowa park

A 9-year-old boy who was camping at an Iowa state park with his parents and 6-year-old sister survived a shooting that killed the rest of his family. The Iowa Department of Public Safety identified the victims as Tyler Schmidt, 42; his 42-year-old wife, Sarah Schmidt; and their 6-year-old daughter, Lula Schmidt, all of Cedar Falls, Iowa. Their bodies were found in their tent early Friday at the Maquoketa Caves State Park Campground, about 180 miles (290 kilometers) east of Des Moines. Authorities said the suspected gunman, 23-year-old Anthony Sherwin, was found dead Friday in a wooded area of the park with a self-inflicted gunshot wound. Mitch Mortvedt, assistant director of the Department of Public Safety's division of criminal investigation, told The Associated Press on Saturday that the motive for the attack was still unknown. "We don't know what led up to this, what precipitated it," he said, adding that so far, "the investigation has not revealed any early interaction between the Schmidt family and him."

Asia

‘China more aggressive, dangerous’


Milley

JAKARTA, Indonesia (AP)—The Chinese military has become significantly more aggressive and dangerous over the past five years, the top U.S. military officer said during a trip to the Indo-Pacific that included a stop Sunday in Indonesia.

Gen. Mark Milley, chairman of the Joint Chiefs of Staff, said the number of intercepts by Chinese aircraft and ships in the Pacific region with U.S. and other partner forces has increased significantly over that time, and the number of unsafe interactions has risen by similar proportions.

“The message is the Chinese military, in the air and at sea, have become significantly more and noticeably more aggressive in this particular region,” said Milley, who recently asked his staff to compile details about interactions between China and the U.S. and others in the region.

His comments came as the U.S. redoubles its efforts to strengthen its relationships with Pacific nations as a counterbalance to China, which is trying to expand its presence and influence in the region. The Biden administration considers China its “pacing threat” and America’s primary long-term security challenge.

Milley’s trip to the region is sharply focused on the China threat. He will attend a meeting of Indo-Pacific chiefs of defense this week in Sydney, Australia, where key topics will be China’s escalating military growth and the need to maintain a free, open and peaceful Pacific.

U.S. military officials have also raised alarms about the possibility that China could invade Taiwan, the democratic, self-ruled island that Beijing views as a breakaway province. China has stepped up its military provocations against Taiwan as it looks to intimidate it into unifying with the communist mainland.

U.S. military officials have said Beijing wants to be ready to make a move on the island by 2027. The U.S. remains Taiwan’s chief ally and supplier of defense weapons. U.S. law requires the government to treat all threats to the island as matters of “grave concern,” but remains ambiguous on whether the U.S. military would defend Taiwan if it were attacked by China.

Pakistan death toll from monsoon rains, flooding reaches 304

AP

A truck drives through a flooded road after a heavy rainfall in Karachi, Pakistan, Monday, July 11, 2022.

ISLAMABAD (AP)—The death toll from more than five weeks of monsoon rains and flash flooding across Pakistan has reached 304, authorities said Saturday.

Since mid-June, the deluge has swollen rivers and damaged highways and bridges, disrupting traffic. Almost 9,000 homes have been fully destroyed or partially damaged.

Particularly hard-hit was the volatile, impoverished southwestern Baluchistan province, where 99 people died in rain-related incidents and subsequent flooding, followed by 70 dead in southern Sindh province.

There have also been 61 fatalities in northwestern Khyber Pakhtunkhwa province bordering Afghanistan, and 60 in eastern Punjab province. The dead include women and children, and at least 284 people have been injured.

Every year, much of Pakistan struggles with the annual monsoons, drawing criticism about poor government planning. The season runs from July through September. Rains are essential for irrigating crops and replenishing dams and other water reservoirs in Pakistan.

10 die in northwest China after the collapse of mountain slope

BEIJING (AP)—Ten employees of a coal company died in northwestern China on Saturday when a mountainside slope collapsed on them, state media reported.

Rescuers spent all day to retrieve the workers who were buried in their vehicle en route to a mine site in Jingtai county in Gansu province, CCTV reported.

Ten died and seven were found alive with light injuries. Operations stopped around 8 p.m. Saturday.

The workers were employed by Shanxi Coking Coal Minbao group.

An investigation into the incident was underway.

World

WORLD BRIEFS

315 kids, adults shelter at school to escape Haiti gang war

PORT-AU-PRINCE, Haiti (AP)—Hundreds of children and adults sheltered at a high school in Haiti’s capital Saturday after fleeing shooting in a neighborhood where fighting between two rival gangs in recent weeks has caused dozens of deaths and destroyed homes. Francisco Seriphin, general coordinator for the religious community group Kizito, said 315 people had taken refuge in the Saint-Louis de Gonzague school, which is in the Delmas district neighboring the violence-wracked Cite Soleil neighborhood. Classes are out for summer vacation, and classrooms at the high school have been converted into dormitories, where some of the teenagers, children and toddlers sleep on small mattresses provided by the nonprofit group. Others must sleep on the floor without mattresses.

Russia hits Ukraine’s Black Sea port despite grain deal

KYIV, Ukraine (AP)—Russian missiles hit Ukraine’s Black Sea port of Odesa just hours after Moscow and Kyiv signed deals to allow grain exports to resume from there. Ukraine’s Foreign Ministry denounced Saturday’s airstrikes as a “spit in the face” to Turkey and the United Nations, which brokered the agreements. Two Russian Kalibr cruise missiles hit the port’s infrastructure and Ukrainian air defenses brought down two others, the Ukrainian military’s Southern Command said. Odesa regional governor Maksym Marchenko said an unspecified number of people were injured in the attack.

Greece battles 4 major wildfires; hotels, homes evacuated

ATHENS, Greece (AP)—Greece’s fire service was fighting four major fires across the country Saturday, including one where they had to evacuate over 450 people at an island holiday resort. A fire that broke at Saturday morning on the island of Lesbos prompted authorities to call for the evacuation of the Vatera resort on the island’s southern side. The fire came very close to the resort and at least one house was engulfed by the flames. But more than five hours after an emergency message was sent by phone to residents, the evacuation was still “ongoing,” fire service spokesman Yannis Artopoios told reporters. He said 50 firefighters with 17 fire engines, nine special firefighting planes and one helicopter are fighting the blaze. Local police said Saturday afternoon they had evacuated over 450 people from two hotels and 92 houses and that 60 officers were scouring the area for anyone that refused to move.

First Death Anniversary

†ALDEBERT CONCEPCION

OCTOBER 22, 1953 - AUGUST 3, 2021

We, the family of the late †Aldebert Concepcion, would like to invite our friends and family to join us in prayers as we commemorate the first death anniversary of our beloved husband, father and grandfather.

Daily mass is being offered at Mount Carmel Cathedral on the following dates and times:

- Tuesday, July 26 through Saturday, July 30 - 6am
- Sunday, July 31 - 9am
- Monday, August 1 through Wednesday, August 3 - 6am

Your presence and prayers are sincerely appreciated.

Si Yu'us Ma'ase

Celina Attao Concepcion, Children & Family

Health & Wellness

This advertorial is sponsored by Tan Holdings HEALTH IS WEALTH Tan Siu Lin Foundation

Newest US polio case sounds a warning

By JESSE BUNCH
PITTSBURGH POST-GAZETTE

Dr. Peter Salk, one of Dr. Jonas Salk's sons, stands near a photo of his famous father, at the Salk Institute for Biological Studies in La Jolla, California. The elder Salk discovered and developed the first successful inactivated polio vaccine. HOWARD LIPIN/THE SAN DIEGO UNION-TRIBUNE/TNS

PITTSBURGH—After a man in Rockland County, New York, became the first patient to contract polio in the United States in nearly a decade, experts such as Dr. Peter Salk—whose late father, Jonas, developed a vaccine for the disease—said the public shouldn't be alarmed but warned that children unvaccinated for polio could be at risk.

"Polio is only a plane flight away," Dr. Salk said during a phone interview on Friday. "Here is a circumstance that demonstrated that."

More than 60 years since Dr. Jonas Salk and his team of researchers unveiled an effective version of their polio vaccine at the University of Pittsburgh in 1955, the disease has become nearly eradicated in the United States. Ninety-two percent of the U.S. population has been inoculated against the virus.

But Dr. Salk, who serves as president of the Jonas Salk Legacy Foundation in La Jolla, California, and is a visiting professor at Pitt, said that the virus is still a threat to populations in other countries. When U.S. citizens unvaccinated against polio travel abroad, there's always the threat that they could bring the virus home.

According to New York state health officials, the Rockland County case occurred in a man in his 20s who was a member of an ultra-Orthodox Jewish community, a population officials noted was less likely to vaccinate children. In this instance, health officials did not say whether the man was vaccinated against polio, but that he possibly contracted it abroad during a trip to Poland and Hungary.

The last case of naturally occurring polio in the United States was in 1979. There have been just a handful of cases since, although they were brought into the country by unvaccinated travelers who were in contact with someone who received the oral vaccine.

According to Dr. Salk, the Rockland County man was most likely exposed to someone who received the oral vaccine in another country. Recipients of the oral polio vaccine, which administers a live but weakened version of the polio virus, can more easily spread the virus to those who are unvaccinated.

In the United States, children are instead given a vaccine that uses a dead version of the virus—a direct result of Dr. Jonas Salk's revolutionary research in Pittsburgh.

Dr. Salk said Friday that polio is untreatable and highly contagious, and it leads to paralysis in around 1 of every 200 cases. However, he stressed that as long as parents continued to vaccinate their children, they would be protected from the virus and the likelihood of another case developing in the U.S. was "hopefully small."

Dr. Salk warned that populations across the world were increasingly at risk. However, vaccine disinformation rose during the COVID-19 pandemic and the chaotic nature of remote learning led some parents to forgo vaccinating their children—children who weren't going into the classroom and therefore not required to be vaccinated by some kindergarten programs.

Dr. Salk mentioned that in England, for example, polio was reported last month for the first time in four decades after an outbreak spread through sewage in London. As in the United States, most British residents are inoculated against the disease, although the country's health department warned anyone not vaccinated to quickly schedule an appointment to do so.

"I think that the unknown is part of the problem here," Dr. Salk said. "Things are just so unfamiliar to people, concepts, that it's sort of easy to fall prey to ideas that are being propagated by the natures of vaccines."

Around 2015, well before COVID-19 would rattle the world and the understanding of public health, Dr. Salk was invited to put together a school curriculum on vaccines and immunization for young people to be exposed to these concepts early in their development.

The goal, he said, was that "soon enough, (students) would be in the position of parents and have to make decisions for their own families, that there would be some understanding about what's really going on here."

"This is a bit of a warning bell, in saying 'Hey guys, wake up here,'" Dr. Salk said of the Rockland County case. "Whether it's one case, or whether this turns out to be more, we just need to keep our awareness of the fact that the world is not an isolated place."

MAYO CLINIC Q AND A: Hydration in the summer

DEAR MAYO CLINIC: I am prone to kidney stones, so I know it's important for me to stay hydrated while I exercise. But do I need to change what I drink in the summer? A friend mentioned that I might be better with a sports drink versus water. I'm also wondering how much I should drink. Can you provide any advice?

VIKTORIYA KUZMENKOVA/DREAMSTIME/TNS
Staying hydrated during exercise is important.

ANSWER: Staying hydrated during exercise is important. You can become dehydrated if you take in too little fluid, especially during the hot summer months. Conversely, consuming too much fluid can be problematic. Some people are known to experience what is known as exercise-induced low sodium, or hyponatremia. Finding a balance is importance.

The purpose of drinking fluid—whether water or electrolyte-containing beverages—is to rehydrate the body and put fluid back into your system so your organs can function properly.

How much to drink and when depends on your situation. Generally, it's recommended that you should consume at least two liters of water or other beverages per day.

The general rule of thumb among health care professionals is to drink to thirst. Although guidelines speak to hydration before, during and after exercise, I always tell people to look and listen to your body as the best indicator when you need hydration. That said, thirst isn't always a helpful indicator of hydration status, particularly when exercising. If you're exercising and thirsty, you are already well on your way to becoming dehydrated, compared to if you were resting and thirsty.

You will need to take in more fluid than usual at times. During the summer months, for instance, when weather is hotter and more humid, it is important to drink more fluid, especially if you are exercising outdoors.

As far as what to drink, for most people, water is the best place to start. Depending on how extensively you exercise, having a beverage that includes electrolytes also is important to replace nutrients and electrolytes lost during sweating, such as sodium and chloride.

Sodium is important because it helps you absorb glucose and water. Aim for about 450 milligrams of sodium per 24 ounces of sports drink. Avoid salt tablets, as they do not include all the electrolytes you need and you can easily use too much. You also can look for a drink with some carbohydrates, since they provide fuel for your working muscles.

It is best to consume about half your fluid intake in water and half in a beverage that contains electrolytes. Mind the amount of sugar intake, though. While sugar is important, especially for endurance athletes, too much sugar can cause gastrointestinal issues, including bloating, cramping or diarrhea. One recommendation is to keep sugar below 30 grams per 24 ounces of a sports drink.

The best rule of thumb is when you exercise, drink to thirst, and hydrate your body with plain water and, as needed, a sports beverage. In the summer, also be mindful about how you feel as you exercise.

I find that many people do not drink enough water daily, so they may feel better after increasing hydration, no matter the source. In addition, avoid drinking alcohol when you are outdoors because alcohol is a diuretic. This means alcohol will cause your body to lose water, leading to dehydration much faster.

As you spend time outdoors, be aware of symptoms of dehydration, which can include:

- Extreme thirst.
- Less frequent urination.
- Dark-colored urine.
- Fatigue.
- Dizziness.
- Confusion.

Also, if you experience cramps or headache while exercising, it is best to stop, hydrate and potentially seek medical attention. It is important to rule out other warm-weather issues, including heat exhaustion.—Dr. Brittany Beel, Emergency Medicine, Mayo Clinic, Jacksonville, Florida

Healthy Living

Too much of a good thing

Taking excessive amounts of some vitamins and minerals can cause harmful reactions.

Some to watch

- **Vitamin A** (preformed from supplements or theraputic retinoids)
- **Iron** (adult men, postmenopausal women at greatest overdose risk)
- **Zinc**
- **Iodine**

Source: U.S. National Institutes of Health, TNS Photo Service

Life & Style

Warner Bros. brings 'Black Adam,' 'Shazam! 2' to Comic-Con

By LINDSEY BAHR
AP FILM WRITER

Dwayne Johnson went a few steps beyond merely teasing his long-awaited "Black Adam" movie at Comic-Con in San Diego on Saturday.

Ever the showman, Johnson brought a new traile r for the DC Comics superhero film and some flashy technology, lighting up the biggest room at the annual fan convention all while in costume. But he had another big reveal too: Johnson told the 6,000-some people in the audience that they could see "Black Adam" in IMAX for free with the help of the ticketing service Fandango.

The character Black Adam has the powers of the ancient gods and has been entombed for some 5,000 years before being released into the modern world. In the trailer he says his powers are "a curse, not a gift."

Set for an Oct. 21 theatrical release, "Black Adam" reunites Johnson with his "Jungle Cruise" director Jaume Collet-Serra. It also stars Aldis Hodge as Hawkman, Noah Centineo as Atom Smasher and Quintessa Swindell as Cyclone, all of whom joined Johnson and Collet-Serra for the panel.

"Black Adam" was just one part of Warner Bros. return to Comic-Con, where audiences also got a glimpse at a new trailer for " Shazam! Fury of the Gods." Stars Zachary Levi and Lucy Liu were on hand to promote the sequel, which is due to arrive in theaters on Dec. 21 and continues the story of a teenager-turned-superhero who is feeling a bit like a fraud. The film sees the return of Asher Angel, Jack Dylan Grazer and Adam Brody and adds Helen Mirren and Rachel Zegler of "West Side Story" to the mix.

The studio stuck to its 2022 superhero releases, forgoing sneak peeks at films due next year. One of those is "The Flash," whose star Ezra Miller was arrested in Hawaii twice this year — in a disorderly conduct case and on suspicion of assault.

Miller plays Barry Allen in the Andy Muschietti-directed film, which has wrapped production and is supposed to open in June 2023. They have been credited as the first out LGBT person to play a lead role in a major superhero film.

WWE's McMahon says he is retiring amid misconduct probe

By SUSAN HAIGH
ASSOCIATED PRESS

World Wrestling Entertainment impresario Vince McMahon announced Friday he is retiring amid an investigation into alleged misconduct involving the flamboyant showman who turned a small wrestling company into a worldwide entertainment business.

In a brief statement issued by WWE, McMahon said he is retiring as the company's chairman and CEO. He noted that he remains its majority shareholder.

McMahon stepped down temporarily as CEO and chairman of WWE in mid-June during an investigation into alleged misconduct. Earlier this month, the Wall Street Journal reported McMahon agreed to pay more than $12 million over the past 16 years to suppress allegations of sexual misconduct and infidelity.

McMahon

"At 77, time for me to retire. Thank you, WWE Universe. Then. Now. Forever. Together. #WWE #thankful," he wrote on Twitter.

There was no mention of the investigation in statement from the company based in Stamford, Connecticut. McMahon said his daughter, Stephanie, who was named interim CEO and chairperson last month, will serve as chairperson and share CEO duties with Nick Khan, who joined the company in 2020.

"Our global audience can take comfort in knowing WWE will continue to entertain you with the same fervor, dedication, and passion as always," he wrote in the statement, thanking WWE's generations of fans all over the world.

McMahon first stepped aside from the top positions last month after the Journal reported at the time that he had agreed to pay $3 million to a former paralegal who said he sexually harassed her on the job. He was supposed to continue overseeing WWE's creative content during the companies investigation. But then the newspaper reported that McMahon had agreed to pay the significantly larger sum of $12 million.

'Lord of the Rings' series trailer debuts at Comic-Con

By LINDSEY BAHR
AP FILM WRITER

Comic-Con audiences got a sneak peek at the new "Lord of the Rings" series "The Rings of Power" Friday in San Diego. Amazon Studios unveiled a new trailer for the show, set thousands of years before the events of J.R.R. Tolkien's "The Hobbit" and "The Lord of the Rings." Stephen Colbert, a self-proclaimed Tolkien fan, was also on hand to moderate a panel teasing the series on the fan convention's biggest stage, Hall H.

Under the leadership of showrunners and executive producers J.D. Payne and Patrick McKay, "Lord of the Rings: The Rings of Power" focuses on Tolkien's Second Age of Middle-earth, when kingdoms are forming and falling and evil forces loom and threaten to cover the world in darkness.

"The Rings of Power" will take audiences to fantastical locations like the Elven realms of Lindon and Eregion, the Dwarven realm Khazad-dûm, the Southlands, the Northernmost Wastes, the Sundering Seas, and the island kingdom of Númenór and introduce them to a large ensemble, including Galadriel (Morfydd Clark), Elrond (Robert Aramayo) and High King Gil-galad (Benjamin Walker).

The eight-part series will debut on Prime Video on Sept. 2, with new episodes arriving weekly. It is said to be the most expensive ever made, with a reported budget of $465 million. Amazon bought the rights from the Tolkien estate for $250 million in 2017.

Jennifer Salke, the head of Amazon Studios, told The Hollywood Reporter last year that while the number is a "crazy headline that's fun to click on," "that is really building the infrastructure of what will sustain the whole series" which she called a "huge, world-building show."

Salke also said that a "giant, global audience needs to show up to it as appointment television" but that they were "pretty confident that will happen."

Judge says Prince Harry can sue UK govt over his security plan

LONDON (AP)— Prince Harry can take the British government to court over his security arrangements in the U.K., a judge in London ruled Friday.

Harry

Harry and his wife Meghan lost publicly funded U.K. police protection when they stepped down as senior working royals and moved to North America in 2020. The prince wants to pay personally for police security when he comes to Britain, and is challenging the government's refusal to permit it.

Judge Jonathan Swift ruled Friday that the case can go to a full hearing at the High Court in London. He refused some aspects of the challenge but said some grounds "give rise to an arguable case" that deserves a hearing.

The judge said "a conclusion at the permission stage that a case is arguable is some distance from a conclusion that that the case will succeed at final hearing."

A date has not been set for the case to be heard.

Harry and the former actress Meghan Markle married at Windsor Castle in 2019 but stepped down as working royals the following year, citing what they described as unbearable intrusions and racist attitudes of the British media.

Harry's lawyers have said the prince is reluctant to bring the couple's children—Archie, 3, and 1-year-old Lilibet—to his homeland because it is not safe.

Harry, also known as the Duke of Sussex, wants to be able to pay for the protection, saying his private security team in the U.S. doesn't have adequate jurisdiction abroad or access to U.K. intelligence information.

His lawyers also say a February 2020 decision by the Executive Committee for the Protection of Royalty and Public Figures, removing his full royal security, was unreasonable because Harry was not allowed to make "informed representations beforehand."

After decades of being alone, woman ponders purpose in life

DEAR ABBY: I am 66 and a 20-year widow. I live alone but have an active social life with my women friends. We live in a small town with very little to do, but we get together often to watch movies, eat out, etc. I never had children, and all my relatives have passed away. I'm the last family member left.

I'm mostly satisfied (but not happy) with my life. Everything I own is paid for, and I have enough money to last until my death. I have everything (materially) I could possibly want or need, yet I feel something vital is missing from my life. It's not religion; I am a committed Christian.

I could pay cash for anything I want, but I don't want for anything. I do volunteer work, am socially active and involved in my church. Yet, I feel empty inside. Something is definitely missing, and I can't figure it out. I realize I'm blessed, and most people would give anything to sit where I'm sitting. Do you have any ideas as to what's missing or where to go from here? Life is hard and old age isn't for sissies.

LIVING LIFE IN TEXAS

DEAR LIVING LIFE: You may be experiencing something people call an "existential crisis," which is not uncommon. It refers to someone who wonders if his or her life has meaning or purpose. Rather than dwell on what may be missing from your life, perhaps consider spending some time reflecting on some of the positive differences you make in the lives of others.

When was the last time you helped someone feel better about herself? Have you gone out of your way to do a friend or an acquaintance a favor, or lent a willing ear to someone who needed to talk? If the answer is yes, start a journal. Write your thoughts and activities down and review it when you feel empty. If you do it for a while, it may give you a different perspective.

Discuss your feelings with your friends, some of whom have likely experienced something similar. And make 30 minutes of exercise a part of your daily routine. Exposure to sunlight can lift your mood. But if that doesn't help, schedule an appointment with your doctor to make sure everything is in order emotionally and physically.

■■■■

DEAR ABBY: Whether my siblings were right, wrong or indifferent, my mom always stood up for them. Even when she knew they lied, she would look at me and say, "I have to believe them. They are my daughters." When I would ask her, "What am I?" she would restate her last comment.

Not surprisingly, my mother and I don't see eye to eye on anything, and I would never feel comfortable going to her for help or advice. She has paid for all my sisters' court costs. When I needed help as a student-teacher, she told me I would figure it out. I always did, but I can never understand why she truly didn't like me. I guess I'm asking when I should just walk away.

READY TO CALL IT QUITS

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

DEAR READY: Your mother's blatant favoritism was shameful. To stick around attempting to ingratiate yourself to someone who will never give you the love or respect you deserve would be a waste of time. When should you walk away? You have my blessing to start today. I know you will find it therapeutic.

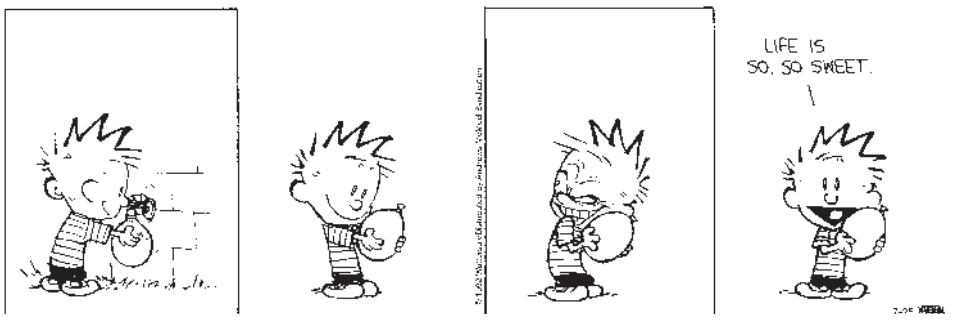
■■■■

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

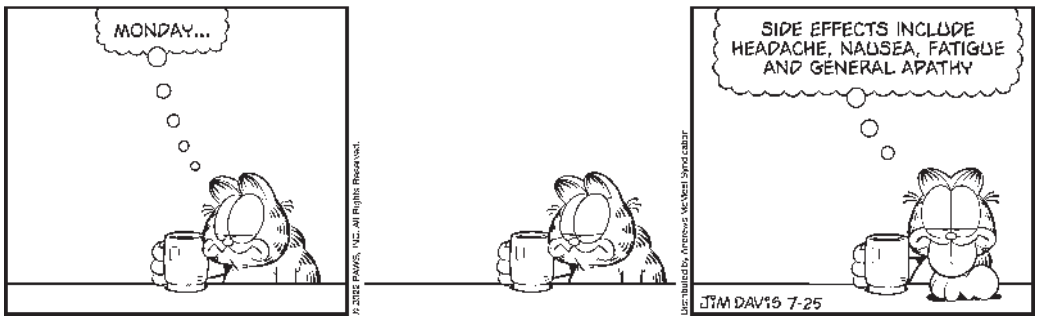
Calvin and Hobbes

By Bill Waterson



Garfield®

By Jim Davis



Adam@home

By Bryan Basset

OH, NO. WHAT ARE THE GARRETTS DOING NOW?
WHAT?
I... I THINK IT'S SOME KIND OF YARD ART.
IT'S HIDEOUS! ARE THEY SERIOUSLY PUTTING THAT OUT?
OH, MAN. IT LOOKS PERMANENT.
THIS IS WAR, GARRETTS! ART WAR, COMIN' AT YA!

The Duplex

By Glenn McCoy

CROSSWORD

By Eugene Sheffer

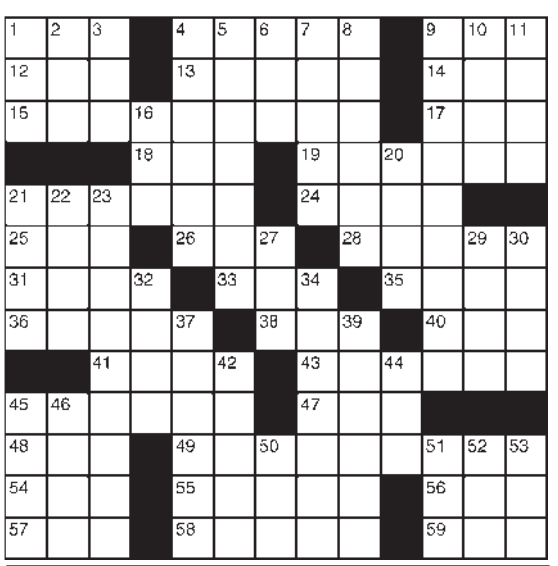
ACROSS
1 Knock
4 Boxer Ali
9 "60 Minutes" airer
12 Leading lady?
13 Edmonton player
14 2016 Olympics city
15 Moisturizer
17 Finale
18 Name
19 Buzzing insect
21 Neglect
24 Steerer's place
25 "So that's it!"
26 QB's goals
28 Nasal partitions
31 Lopsided win
33 Feeling down
35 Tank filler
36 Chef's garb
38 Up to
40 "Alice" waitress
41 Suffix with "techno"
43 Break fluid?
45 Sentence fragment
47 Overly
48 Wish otherwise
49 Famed Boston desserts
54 Carte lead-in
55 Mountain crest
56 — -mo
57 Orange tuber
58 Did yard work
59 Layer

DOWN
1 Game caller
2 Glam Gardner
3 Chest muscle
4 Short-horned grasshopper
5 Inflatable sleepers
6 Land in la mer
7 Extract via percolation
8 Fighting forces
9 Ineffectual type
10 Predicament
11 Pop
16 Sch. URL ender
20 Staff symbol
21 TV explorer
22 Denny's rival
23 Baked potato topping
27 Used a chair
29 Conference leader?
30 Body lotion ingredient
32 — Bora (Afghan region)
34 Give orders
37 Daytona 500 acronym
39 Was foreboding
42 — firma
44 Dandy guy
45 Use a rosary
46 Luau dance
50 "A mouse!"
51 WWW access enabler
52 Right angle
53 Tofu source

Solution time: 26 mins.

M	A	C		A	C	S		F	E	I	E	S	
E	R	A		D	O	T		L	A	W	N	S	
A	I	M		O	F	A	T	O	R	I	O	S	
L	E	E		S	T	R	A	P					
S	L	O	G		E	R	R		B	I	A	S	
			R	F	X		O	R	A	N	G	S	
P	I	T	A	S				B	I	K	E	R	
C	R	A	C	I	F		F	I	T				
D	A	M	E		A	P	E		S	T	A	B	
				I	V	I	E	S		U	F	O	
C	R	A	N	G	E	A	D	E		R	I	O	
M	I	N	E	O		N	E	W		I	R	E	
G	A	T	O	R		O	R	S		N	E	D	

Last Friday's Answer 07/25



STUMPED? For answers to today's crossword, call **1-900-226-5955!** 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: James Lafferty, 37; D.B. Woodside, 53; Matt LeBlanc, 55; Illeana Douglas, 57.

Happy Birthday: Hold on to your cash, regardless of tempting offers. Getting involved in joint ventures or sharing expenses with others will disappoint you. Maintain a routine that enables you to control your overhead and allocate your time. Don't let others' uncertainty or spontaneity stop you from reaching your goals. Self-control is your ticket to success. Your numbers are 8, 11, 18, 26, 32, 39, 41.

ARIES *(March 21-April 19):* Mixed emotions will be confusing when dealing with heartfelt matters. Look beyond what's going on around you and make changes that will help stabilize your position personally or professionally. Networking and socializing geared toward enlightenment, not envy, will lead to positive gains. ✪✪✪✪s

TAURUS *(April 20-May 20):* Call on reliable people; you'll get the help you need to finish what you start. Less arguing and more physical work will make life easier. Don't feel you have to make a change because of what others choose to carry out. ✪✪✪

GEMINI *(May 21-June 20):* Someone will give you the wrong impression. Question what's possible and the best way to achieve what you set out to do without conflict. Maintain stability and be prepared for whatever comes your way. Don't give in to outside influences. ✪✪✪

CANCER *(June 21-July 22):* Tone down unreasonable behavior or spending time with intolerant people. Pay attention to your health, and be honest about what you want to aspire to achieve. Set positive goals and fact-check information before passing it along.✪✪✪

LEO *(July 23-Aug. 22):* Think, assess and prepare to deliver what you have to offer. Engage in prospects that encourage you to learn, and apply the experience and skills you master to help you excel. Strive to accomplish and maintain peace among your peers. ✪✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Choose the path that helps you improve your life. Refuse to get caught in someone's drama. Stick to the script and make your intentions clear. Don't let anger cost you emotionally or financially. Concentrate on opportunities, not negativity. ✪✪

LIBRA *(Sept. 23-Oct. 22):* You'll pick up valuable information through networking, socializing or pursuing knowledge from an expert. Monitor your intake and maintain balance in all that you do to avoid ill health or financial loss. Choose moderation and prevent health risks. ✪✪✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Refuse to let jealousy stand between you and what you want. Focus on personal growth and financial gain, and change whatever isn't working for you. Don't limit what you can do because you don't want to disappoint others. Do what's best for you. ✪✪✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Emotions will surface and situations will spin out of control if you don't use logic when dealing with shared finances or contracts. Look on the bright side and offer positive input, and you'll get others to see things your way. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Distance yourself from anyone tempting you to indulge in something you shouldn't. Be innovative, and you'll find a fun and healthy plan. Stick to the people who build you up, not bring you down. Romance is encouraged. ✪✪✪s

AQUARIUS *(Jan. 20-Feb. 18):* Get together with a friend, relative or peer and discover something to help you rethink your situation. Don't feel you have to make a move because of someone. Do what feels right and please yourself. ✪✪✪

PISCES *(Feb. 19-March 20):* You're in the zone and can accomplish plenty if you take the initiative and do the work yourself. A positive change that improves how you handle money and responsibilities will encourage you to revisit a relationship that drifted apart. Romance is favored. ✪✪✪✪✪

Birthday Baby: You are giving, dynamic and outspoken. You are inquiring and colorful.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

	2	1			7			
			2			8		4
	5		4		9			6
1		2		4		3	8	
	8	3		7		2		9
8			7		4		3	
5		7			3			
			6			5	1	

Difficulty Level ★ 7/25

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

6	3	2	4	1	8	9	5	7
4	9	5	7	3	6	1	8	2
1	8	7	2	9	5	4	3	6
2	4	8	6	7	9	5	1	3
5	7	1	3	8	2	6	4	9
9	6	3	5	4	1	2	7	8
7	1	4	9	6	3	8	2	5
3	2	6	8	5	4	7	9	1
8	5	9	1	2	7	3	6	4

Difficulty level ★★★★

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WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

SOME GALAXIES **Solution: 11 letters**

P	Y	X	A	L	A	G	S	E	D	O	B	B	N	T
I	L	L	O	O	P	L	R	I	H	W	U	U	O	R
N	L	A	R	I	P	S	S	S	O	L	S	T	I	E
W	R	I	N	G	L	C	A	R	G	O	E	T	T	F
H	E	E	A	E	O	R	S	E	S	L	C	E	A	Y
E	T	S	C	V	T	U	E	U	P	A	S	R	L	E
E	S	T	E	N	A	U	T	I	E	H	I	F	L	S
L	U	R	E	P	A	D	R	E	S	L	P	L	E	U
E	L	Y	S	M	A	T	E	S	R	S	C	Y	T	N
L	C	T	E	M	O	H	S	M	A	S	E	U	S	F
O	E	C	N	E	I	C	S	I	O	M	P	M	N	L
P	M	I	L	K	Y	W	A	Y	D	R	A	A	O	O
D	R	E	T	T	A	M	K	R	A	D	D	J	C	W
A	H	O	A	G	S	O	B	J	E	C	T	N	O	E
T	R	I	A	N	G	U	L	U	M	O	I	D	A	R

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Andromeda, Bode's Galaxy, Bulge, Butterfly, Cluster, Comet, Constellation, Dark Matter, Discover, Distance, Gas, Halo, Hoag's Object, Messier, Milky Way, Nucleus, Outer Space, Pinwheel, Pisces, Planet, Radio, Ring, Science, Seyfert, Shape, Spiral, Sunflower, Tadpole, The Leo Triplet, Triangulum, Ursa Major, Whirlpool

Last Friday's Answer: Scatter

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

Verlander gets 13th win, leads Astros over Mariners, 3-1

SEATTLE (AP) — Justin Verlander became the major leagues' first 13-game winner, striking out nine and topping 99 mph in his final inning to lead the Houston Astros over the Seattle Mariners 3-1 on Saturday.

Verlander (13-3) allowed four hits in seven innings to win his fifth straight start. He retired 15 straight before Carlos Santana's seven-inning homer.

Bryan Abreu got three straight outs to finish the four-hitter for his second big league save.

Kyle Tucker and Yuli Gurriel hit RBI doubles in the fourth off Logan Gilbert (10-4) to help the Astros to their fourth consecutive win and send Seattle to its second straight loss after a 14-game winning streak.

AP

Houston Astros starting pitcher Justin Verlander throws against the Seattle Mariners during the fifth inning of a baseball game, Saturday, July 23, 2022, in Seattle.

Blue Jays 4, Red Sox 1

In Boston, Alek Manoah (11-4) allowed one run and six hits in six innings as he lowered his ERA to 2.24 and sent Boston to its eighth loss in nine games.

Toronto got seven hits a day after pounding out 29 in a 28-5 romp and improved to 9-3 against the Red Sox this year. The Blue Jays are 3 1/2 games ahead of Boston for the AL's final wild-card spot.

Jordan Romano pitched a scoreless ninth for his AL-leading 21st save.

Santiago Espinal and George Springer hit RBI singles off Kutter Crawford (2-3) in a three-run third, and Alejandro Kirk had a sacrifice fly.

Dodgers 4, Giants 2

In Los Angeles, Mookie Betts hit his 200th career home run, Julio Urías tossed six innings of two-hit ball and Los Angeles beat San Francisco Giants to extend its winning streak to seven games.

Trea Turner and Freddie Freeman also homered for the Dodgers, who have won 14 of their last 15. Gavin Lux added an RBI triple in the sixth.

It was the first time this season Betts, Turner and Freeman have homered in the same game.

Urías (9-6) struck out five to improve to 6-0 in his last seven starts. David Price came on late in the ninth inning for his second career save.

Guardians 7, White Sox 4, game 1
White Sox 5, Guardians 4, game 2

In Chicago, AJ Pollock hit a two-run single with two outs in the eighth inning and Chicago beat Cleveland to split their day-night doubleheader.

Eloy Jiménez homered and Yoán Moncada drove in two runs as Chicago improved to 9-9 in a stretch of 19 straight games against AL Central opponents. The White Sox won the division last year, but they are going to need a strong second half to secure a third straight postseason appearance.

The Guardians had their five-game winning streak snapped.

In the opener, Josh Naylor snapped a ninth-inning tie with a pinch-hit single. Steven Kwan had three hits and José Ramírez drove in two runs with a pair of sacrifice flies.

Chicago blew a 3-0 lead in the second game, but Pollock's bases-loaded single against Nick Sandlin drove in Andrew Vaughn and José Abreu. Joe Kelly (1-2) got three outs for the win, and Matt Foster worked the ninth for his second career save.

In the first game, rookie Nolan Jones doubled to begin the ninth and Naylor, batting for catcher Austin Hedges, gave Cleveland a 5-4 lead when he singled to center against All-Star closer Liam Hendriks (1-3). Kwan singled in pinch-runner Alex Call and scored on Ramírez's sac fly.

Trevor Stephan (4-3) got four outs, and Emmanuel Clase pitched a 1-2-3 ninth for his 20th save.

Padres 2, Mets 1

In New York,Manny Machado hit a two-run homer in the sixth inning off Chris Bassitt, and San Diego held off slumping New York.

Taylor Rogers allowed a bloop RBI single to J.D. Davis in the ninth before retiring Tomás Nido on a popup with runners at the corners for his major league-leading 28th save in 33 opportunities.

New York's lead in the NL East is down to a half-game over the defending World Series champion Braves, its smallest since April 12. The Mets had a 10 1/2-game cushion on June 1.

Braves 7, Angels 2

In Atlanta, Austin Riley homered among his three hits, Kyle Wright won his 12th game to take the NL lead, and Atlanta beat Los Angeles.

Riley, an NL All-Star reserve earlier this week, has a 15-game hitting streak and is batting .439 over his last 20 games.

The Braves, who moved one-half game behind the New York Mets for the lead in the NL East, are 35-11 since June 1 — the best record in the majors over that span. They are 19-6 at home during the stretch and have outscored opponents 131-78 in those 25 games.

Wright (12-4) has won five straight decisions over a six-start stretch and moved one victory shy of Houston's Justin Verlander for the major league lead. Wright gave up two runs and seven hits with no walks and eight strikeouts in six innings.

Shohei Ohtani homered in the fifth to trim Atlanta's lead to 7-2. The homer was Ohtani's 20th.

Orioles 6, Yankees 3

In Baltimore, Gerrit Cole failed to hold a three-run lead, reliever Albert Abreu's wild pickoff throw led to Cedric Mullins' go-ahead sacrifice fly and Baltimore rallied past New York.

Ramón Urías added a two-run homer in the eighth inning off Shane Greene, who made his first appearance for the Yankees since he was a rookie in 2014.

New York went 1 for 14 with runners in scoring position. The Yankees have lost three of four and eight of 12 in their poorest stretch this year and at 65-31 dropped just behind the Los Angeles Dodgers (63-30) for best record in the majors.

Aaron Judge tied a career high with four hits and had two RBIs. Matt Carpenter hit his 14th home run in 89 at-bats for the Yankees this season.

Urías went 3 for 4 and has six multi-hit games since being reinstated from the injured list on July 4.

Royals 6, Rays 3

In Kansas City, Mo., Brady Singer struck out a career-high 12, Michael A. Taylor and Bobby Witt Jr. homered off Ryan Yarbrough in a three-run eighth inning and Kansas City defeated Tampa Bay.

Singer, a 25-year-old right-hander in his third major league season, allowed two runs — one earned — and three hits in six innings. Scott Barlow (4-2) tossed two scoreless innings for the win.

With the score 3-all, Taylor hit his sixth home run this season and first since June 25. Witt added a two-run drive off Yarbrough (0-5).

Twins 8, Tigers 4

In Detroit, Luis Arraez had three hits to raise his major league-leading batting average to .342, Carlos Correa homered and Minnesota scored six late runs to beat Detroit for just its fourth win in 12 games.

Tigers slugger Miguel Cabrera had a run-scoring single in a three-run eighth inning and with 1,839 RBIs passed Ted Williams on the career list and tied Al Simmons for 13th place.

Joe Ryan (7-3) gave up one run in 5 2/3 innings for the AL Central leaders, striking out seven.

Detroit has lost 10 of 12 and dropped a season-worst 19 games under .500 at 38-57.

Brewers 9, Rockies 4

In Milwaukee, Brandon Woodruff pitched six strong innings, Hunter Renfroe hit a three-run homer and Milwaukee beat Colorado.

Woodruff (8-3) improved to 3-0 with a 2.20 ERA in five starts since coming off the injured list June 27. The right-hander allowed a run on six hits, struck out eight and walked one to help the Brewers extend their winning streak against the Rockies to a franchise-best seven games.

Colorado has not won in Milwaukee since May 2, 2019.

Renfroe and the Brewers got to Rockies starter and former teammate José Ureña (1-2) in the fourth. Milwaukee then broke it open with five runs in the sixth.

Pirates 1, Marlins 0

In Pittsburgh, Jose Quintana pitched seven strong innings and combined with two relievers on a five-hitter to lead Pittsburgh over Miami.

Yoshi Tsutsugo knocked in the lone run with a sixth-inning single off Tanner Scott (4-4) as the Pirates won for just the second time in seven games.

Quintana (3-5) allowed four hits while matching his season high in innings. He had four strikeouts and no walks. Wil Crowe and All-Star David Bednar followed with one inning apiece. Bednar notched his 17th save in 21 opportunities while finishing the Pirates' third shutout of the season.

The slumping Marlins were blanked for the fourth time in their last five games.

Diamondbacks 7, Nationals 2

In Phoenix, Madison Bumgarner pitched eight effective innings, Carson Kelly hit a solo homer and Arizona handed Washington its 17th loss in 19 games.

Bumgarner (6-9) gave up two runs and four hits. He threw 98 pitches, including 68 strikes, and walked none while striking out nine.

Diamondbacks rookie Alek Thomas had three hits, including a two-run double.

It was another quiet day for Washington's offense, which finished with four hits. Victor Robles connected for a solo homer. Juan Soto was hitless in four at-bats and had his on-base streak snapped at 28 games.

Cubs 6, Phillies 2, 10 innings

In Philadelphia, Nico Hoerner homered early and scored the tiebreaking run in a five-run 10th inning as Chicago defeated Philadelphia.

Hoerner began the 10th as the automatic runner on second base. He stole third with one out and scored on Frank Schwindel's fielder's choice. Schwindel hit a high chopper off José Alvarado (3-2), and third baseman Alec Bohm's throw home was off target.

The Cubs went up by two on Christopher Morel's RBI single. Bohm's fielding error on Nelson Velázquez's hard-hit grounder allowed two more runs to score before Willson Contreras added an RBI double to make it 6-1.

Athletics 3, Rangers 1

In Oakland, Calif., Vimael Machin scored on first baseman Nathaniel Lowe's fielding error to snap a scoreless tie in the sixth inning of Oakland's victory over Texas.

On a night when neither team did much offensively, the A's broke through after Rangers reliever Dennis Santana (3-6) walked the bases loaded.

Machin and Chad Pinder each had a sacrifice fly for the Athletics, who took advantage of three Texas errors and scored two unearned runs.

Cardinals 6, Reds 3

In Cincinnati, Paul Goldschmidt drove in three runs to reach 1,002 career RBIs, combining with Tyler O'Neill to hit consecutive fourth-inning homers and lead St. Louis over Cincinnati.

Nolan Arenado had three hits, including two of the Cardinals' six doubles. St. Louis tied its season high with eight extra-base hits and won for the sixth time in nine games.

Albert Pujols got two hits, increasing his total to 3,335.

O'Neill broke a 2-all tie with a two-run shot in the fourth inning off Mike Minor (1-7), who lost his fifth straight decision. Goldschmidt followed with his team-high 22nd homer.

Steven Matz (4-3) won for the first time since May 2, returning from a shoulder impingement that had sidelined him since May 22. But the lefthander exited after straining his left knee in the sixth. Matz allowed two runs and three hits in 5 1/3 innings.

Ryan Helsley got four outs, striking out the side in the ninth for his ninth save.

Cincinnati has lost four of six following a season-best five-game winning streak.

McVay: LA Rams are starting over in quest for repeat crown

NEWPORT BEACH, Calif. (AP)—The Los Angeles Rams threw the last of their lavish offseason parties Thursday night so they could hand out their massive Super Bowl championship rings to their current and former players.

Sean McVay sees the Friday morning after that soirée as the dividing line between the success of last season and the formidable task in front of the Rams this fall as they attempt to become the NFL's first repeat champions in 18 years.

"It was kind of good timing, because now it represents, 'Let's turn the page,'" McVay said outside the Rams' training camp headquarters in balmy Orange County. "Let's not minimize what a great year last year was, but that's not going to have anything to do with this year."

Most successful coaches repeat some version of this philosophy after a title, but McVay believes the Rams have the talent and the leadership to stay in the race for a second ring. Even if the Rams fall short, McVay is determined to make sure it isn't because of complacency.

"So many things have to go right," McVay said. "We could be a better team this year, and I think we've got a chance to do that, and it might not mean we win a Super Bowl, because there are a lot of things that take place throughout the course of a game — the bounce of a ball here — certain things that are out of your control."

The Rams got several of those bounces during their playoff run while winning consecutive thrillers over Tampa Bay, San Francisco and Cincinnati with late-game surges. Those breaks meant the difference between an excellent season and a title-winning campaign, so McVay plans to make sure only that his team is prepared to get in the position to have another chance.

AP

Los Angeles Rams coach Sean McVay speaks with reporters outside the team's training camp headquarters in Newport Beach, Calif., Friday, July 22, 2022.

After the Rams made their first Super Bowl under McVay three seasons ago, they went 9-7 the following year while missing the playoffs for the only time in McVay's career. The coach credits that slight decline to those bad bounces, not to any post-Super Bowl hangover or preparation flaws.

"A hangover, to me, what that entails is guys think they're better than they are," McVay said. "They stop working the right way, complacency sets in and the previous success you think is going to have anything to do with your future success. We've got the right kind of guys in our locker room, the right kind of coaches that are intrinsically motivated."

The Rams have a few practical tasks to perform in camp. They must identify a replacement for departed starting cornerback Darious Williams and right guard Austin Corbett, and they must build teamwork and communication with new receiver Allen Robinson and middle linebacker Bobby Wagner, who must both take on major roles immediately.

The Rams will hold their first practice at UC Irvine on Sunday. They're getting an early jump on camp partly because they've got the first game of the new season as the defending champs: They'll host Von Miller's Buffalo Bills on Thursday, Sept. 8.

As for his own future, McVay admitted he contemplated stepping away from the game before deciding to continue with the Rams. He hasn't finalized a contract extension yet with the team, but he said the negotiations are "in a good place," and it's "more than likely" they'll finalize a deal in training camp.

General manager Les Snead is also expected to agree to a contract extension during training camp to continue their partnership with the Rams, who have five consecutive winning seasons, four playoff berths, three NFC West titles, two Super Bowl appearances and one championship during their half-decade together.

"Myself and Les, being a pair, when we get that thing finalized, you guys will know," McVay said. "But I feel really good about the direction that's going."

Murray embraces franchise QB label, ready to lead Cardinals

TEMPE, Ariz. (AP)—Kyler Murray is a short quarterback by football standards who now has stacks of cash about as tall as anyone's in the NFL.

A low-key personality by nature, Murray is happy that a high-stress offseason contract squabble with the Arizona Cardinals is over.

"There were a lot of ups and downs, a lot of good days, a lot of bad days, a lot of hate and a lot of negativity," Murray said. "But that's part of the deal."

Now the deal is done. The two-time Pro Bowl selection has a contract that keeps him with the Cardinals through 2028 and could be worth up to $230.5 million, which puts him in an elite group of the highest-paid NFL quarterbacks.

On Friday afternoon, the quarterback was all smiles in a dapper blue suit at the team's practice facility. His parents were in attendance, along with his bulldog Swoosh, who could be heard panting throughout the press conference as Murray thanked all the family, friends, teammates and coaches who helped him along the way.

He also made it a point to thank the Cardinals, who took him with the No. 1 overall pick in 2019 out of Oklahoma.

"I'm so grateful and honored for the confidence they've shown in me," Murray said. "The faith they showed to take a 5-foot-10 quarterback, that's never been done before, and I understood the heat they would take for doing that."

It's safe to say the partnership has worked out well. Paired with offensive-minded coach Kliff Kingsbury, Murray has helped the Cardinals improve in each of his three seasons. Arizona was 5-10-1 during his rookie year, 8-8 in 2020 and then 11-6 last season, when the franchise advanced to the playoffs for the first time since 2015.

Now Murray looks like he'll be with the Cardinals for the forseeable future.

That wasn't always the case this offseason during a weird contract dispute that featured social media shenanigans. It included Murray wiping his accounts of all Cardinals references and a lengthy statement from agent Erik Burkhardt spelling out Murray's accomplishments and pushing the franchise to act.

For all the bluster, Cardinals GM Steve Keim said he was never overly concerned. He said he met with Murray's parents in the offseason, which helped raise his confidence a deal would happen.

"We had great communication with them, felt great about the dialogue, and understood what the expectations were for both sides," Keim said. "Then I just had to get through the draft and free agency, which takes a lot of my time, so once I was able to do that, I was able to focus on the contract. I feel both sides are pretty happy."

It was clear Murray wasn't completely comfortable with the acrimonious back and forth between his agent and the team. He even seemed to hint that some of the social media antics were Burkhardt's idea — grinning at the agent while responding to a question about offseason drama.

"I'm a quiet dude when it comes to social media," Murray said. "Just to sit there and take all the shots, it is what it is. But I understood it's part of the business."

Now Murray can focus on making the Cardinals better. Arizona looked like one of the best teams in the NFL for much of 2021, starting with a 10-2 record before losing four of the last five games and getting thumped by the Rams 34-11 in the NFC wild-card round.

Murray said the sting of that loss could be good motivation moving forward. He envisions much more success in the future, including winning the Super Bowl for a franchise that hasn't won an NFL championship since 1947.

"I'm a firm believer in bringing that here," Murray said. "I know we're capable. I know it can be done."

Deshaun Watson reports to Browns camp not knowing his future

CLEVELAND (AP)—Deshaun Watson reported to his first training camp with the Browns on Friday still not knowing how long he'll be their starting quarterback.

Like one of his passes, Watson's future remains up in the air.

As he awaits word on whether he'll be suspended by the NFL for off-field behavior, the three-time Pro Bowler arrived at Cleveland's training facility in Berea along with the team's other QBs and rookies.

Watson was scheduled to undergo a physical followed by meetings.

The 26-year-old is facing a likely league suspension for violating its personal conduct policy following allegations by two dozen massage therapists in Texas that he was sexually inappropriate with them during sessions while he played for Houston.

Watson's fate is being decided by league disciplinary officer Sue L. Robinson, a retired federal judge in Delaware who has spent the past few weeks reviewing his case following a hearing and briefs submitted by the quarterback's legal team, the NFL Players Association and league.

The NFL pushed for an indefinite suspension for Watson, who was never criminally charged and has maintained his innocence. Grand juries in two Texas counties declined to indict him.

There's no definitive timeline for Robinson's ruling. The Browns have been hopeful they'd know before veterans report next week. Cleveland's first full-squad practice is Wednesday.

Depending on how Robinson rules, Watson, who waived his no-trade clause and signed a five-year, $230 million contract with Cleveland in March despite his legal entanglements, could miss multiple games in 2022.

The Browns have made plans in case they're without Watson for an extended period. Veteran Jacoby Brissett will slide into his starting spot, and Cleveland signed Josh Rosen on Friday to a one-year contract.

The 25-year-old Rosen is an extra layer of security and has more experience than Josh Dobbs, who is also on the roster. Rosen was selected with the No. 10 pick in 2018 by Arizona and went 3-10 in 13 starts as a rookie.

Once the Cardinals decided to take Kyler Murray first overall in 2019, Rosen was traded to Miami. He spent last season with Atlanta, appearing in four games.

Even if Watson is suspended, he'll be allowed to practice with the Browns. The only thing that could change that is if Robinson stipulates as part of the punishment that he needs to be away from the team.

First powerlifting meet at Gold's Gym in August

By LEIGH GASES
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CORRESPONDENT

Casual and serious gym goers are invited to the first ever "SBD Powerlifting Meet" at the Gold's Gym Saipan on Aug. 7, 2022.

The tickets are $35 for participants and $10 for spectators. The slots are limited and if you would like to join, visit Gold's Gym Saipan to register and pay.

The "SBD Powerlifting Meet" will be held at Gold's Gym Saipan on Aug. 7, 2022. CONTRIBUTED PHOTO

Gold's Gym Saipan's first "SBD Powerlifting Meet" competition is an unsanctioned, casual meet where you can set new personal records and vie for the first, second, and third place prizes.

These will be awarded to the Top 3 men and Top 3 women in the open division (placement based on Wilks Formula). All lifters will be in the open division upon registering.

Shoes are required. Tall socks that cover the shins and lifting singlets are highly recommended. A lifter's knees must be visible (to judge lockout). Standard "raw" powerlifting accessories are allowed (belt, knee/elbow sleeves, wrist wraps, etc.), but assistive gear (squat/DL suits, slingshots, briefs, knee wraps, sleeves made of wrap material, etc.) are not allowed.

The meet will be performed with a Rogue Standard Bar and Hampton Olympic Rubber Coated Plates. All weights will be in pounds. The bar can hold up to 640 lbs in this fashion.

Each lifter will be granted three attempts in a standard round robin flight arrangement. Opening attempts will be given at weigh-in and can be changed until 5 minutes before a lifter's flight. Second and third attempts must be given to the scorer's table within 60 seconds of completion of the previous lift. A lifter may not reduce their attempt weight and can increase their weight by 5-lb increments only. Only third attempts may be changed, up until the bar has been loaded, and up to two changes can be made.

Jamila Alegre, a National Academy Sports Medicine-certified personal trainer at Gold's Gym Saipan, is encouraging people to join and break their personal records or set their personal records in the squat, bench press, and deadlift.

She told *Saipan Tribune* that her inspiration to start the first powerlifting meet is "the people at the gym. After seeing so many strong individuals, it just inspired me to push for the first powerlifting meet because we don't usually have something like that… People would like to showcase their strength and talents in the sport. And hopefully we could get a powerlifting federation here one day."

She expects that those competing will "come out of their comfort zone and show people what powerlifting really is so we can get more people to compete- more people to join. The satisfaction of hitting a PR is just a really good feeling and they get to show their friends and family what they usually do at the gym—what really goes down inside the gym."

Additionally, since it's a mostly men-dominated sport, she hopes that with this first meet, women will take to the sport and try it out.

Alegre competed twice in the Dee Clayton Bodybuilding Competition and made the switch to "powerbuilding," which is a combination of powerlifting and bodybuilding to keep her physique.

Additional details for rules and regulations for the competition will be posted at Gold's Gym Saipan.

ADEN

From Page 20

ebrate much because I was so exhausted, and I did what I came to do so I didn't celebrate much…I beat a lot of really good kids, and multiple kids who were ranked on my way to gold, just had to trust in my coaches and training to be able to beat those good kids."

He added that his success so far this year is attributed to his continued dedication to the sport.

"My training and trusting in the process and believing in my family and coaches… It was difficult to train during COVID-19 but my coaches gave me equipment to use and gave me workout plans so I was able to keep training and working during COVID-19," said Attao.

His family on Saipan said they're truly proud of the wrestling prodigy's historic triple crown.

"I have a nephew who wrestled in North Idaho. And there was a tournament in southern Idaho where my sister saw an 'Attao' on the bracket (different class). Attao is a very small family—we are all related. So I asked around and found out that he is Jesse's son! So since then, I would keep track of his journey! Always so exciting to witness young athletes get so passionate about their sport and just continue to put hard work in! Hard work definitely pays off," said Catherine Attao-Toves, an executive at TanHoldings.

Northern Marianas College chief financial officer David Attao is also quite proud of Aden's success in the biggest stage of junior wrestling.

"Honored to see individuals of NMI descent compete in and succeed in events they love! What is more exciting is that the world and national champion is an Attao. Aden is probably the first NMI descent to be a junior world champion, the first to be a national champion, the first to be a triple crown champion, one of the first to possibly represent Team USA on the world stage and internationally and more. Being proud is an understatement. So happy for him, his parents, grandparents, and entire family/friends," he said.

The son of Jesse Attao and Stacey Hammar, Aden last visited the CNMI in 2011 when he was 6 years old.

CONTRIBUTED PHOTO
Aden Attao joins other weight class winners of this past weekend's 2022 USMC Greco-Roman Nationals in Fargo, North Dakota.

ROLLERS

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loss record, including one forfeit, before steamrolling their way to the championship.

Asked why they continued to carry the Rollers name despite years and nearly 10,000 kilometers away from Saipan, Matagolai said his original team is simply in his veins.

"I'm a diehard Rollers player. It will be my team name 'til the end. Everyone that played and was taught by coach Joe knows that when you see your Rollers anywhere, you know where you came from. That name reminds me of home. No matter where I am."

Rollers' June Christian Alipio was also named tourney MVP after the competition. Aside from hitting those two clutch free throws, the son of longtime Saipan resident June Sr. also had 14 points in the finals.

"I'm honored I received the MVP award and want to thank each of my teammates for their effort. It took a lot of communication and hard work for our team to get the dub so shoutout to our Rollers coach Manny for bringing this team together to share our love for basketball."

The younger Alipio said more than the MVP, he's also thrilled to finally nail a championship for his old and new team Rollers.

"I am very excited our team won the 2022 Las Vegas Fil-Am Basketball Tournament championship. We've competed together in other tournaments and we are all proud to earn our first championship in the U.S. representing Rollers."

Like Matagolai, he also dedicated the championship to Diaz and his dear departed dad.

"It means a lot to me, my teammates, and our families to win this championship especially because we dedicate this win to our coach Joe Diaz back home on Saipan and his late father."

Aside from the Alipios and Matagolai, the rest of the champion Rollers team is made up of Angelo Factor, T.J. Factor, Prince Factor, Emman Cobacha, John John Capuyon, Jeron Ano, John Kintz, Johnrey Giles, Kenji Abobo, and Lester Vertudez.

KOSEBAKL

From Page 20

came alive again in the fifth inning after scoring two runs to tie up the game 9-9. Hotshots answered and put in one run in the fifth to lead by one run, 10-9.

In the final inning, Hotshots was in the lead by one run, but Kosebakl took that away when the ladies scored six runs after the Hotshots pitcher was not able to shut down their whole line-up. Hotshots were unable to retaliate and Kosebakl took the win, 15-10.

Angela Muna, Sonia Isaac, Keyona Tudela, Mardina Kaipat, Jennie Scaliem, Hermina Kelley, Heather Kladikm, Vine Ngirablosch, Kayla Kaipat, Shayne Matsutaru, and Hayolani Henley played for team Kosebakl.

Brittany Lizama, Erica Tenorio, Becky Repeki, Janica Lizama, Keona Rogopes, Lem Ogumoro, Ashlie Aguon, Menchang Blas, and Devonne Sablan were in the lineup for team Hotshots.

With this win, Kosebakl is at 2-0 and Hotshots is at 1-1.

Verlander gets 13th win, leads Astros over Mariners, 3-1

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Aden Attao completes triple crown

CONTRIBUTED PHOTO

Aden Attao proudly holds his freestyle and Greco-Roman championship plaques from the 2022 USMC Wrestling Nationals last Friday (Saturday on Saipan) in Fargo, North Dakota.

By MARK RABAGO
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ASSOCIATE EDITOR

Aden Attao completed a triple crown in junior wrestling after winning gold in the 2022 USMC Junior Greco-Roman Nationals last Friday (Saturday on Saipan) in Fargo, North Dakota.

The 17-year-old grandson of Jesus and Ramona Attao of Saipan defeated Sebastian Lopez of Kansas in the finals of the weightlifting division (285 lbs) to earn the coveted triple crown.

To complete a triple crown, a wrestler must win a folkstyle, freestyle and Greco-Roman national championship in the same calendar year, according to USA Wrestling.

"Amazing. It's great just knowing that all of the hard work and years I put into this sport is all paying off," said Attao, who resides in Boise, Idaho.

He celebrated the triple crown by only doing a backflip, which in itself was already impressive without even considering he weighs around 285 lbs.

USA Wrestling reported that Attao was spectacular in the championship round, scoring an 8-0 technical fall over Lopez. He scored a four-point throw, then scored a pair of front headlock turns from par terre to end the match in the first period.

After winning the medal in freestyle wrestling earlier in the week, Attao said his focus continues to be to complete the triple crown.

"Just having fun doing what I love...I didn't cel-

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Kosebakl wins second game in BASA

By LEIGH GASES
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CORRESPONDENT

Kosebakl managed to pull off a 15-10 victory over Hotshots in the women's division of the 2022 Budweiser Belau Softball Association League yesterday at the Dandan Softball Field.

Early on in the first inning, Kosebakls' hitting started off strong as they put up six runs against Hotshots pitcher Lem Ogumoro. Angela Muna started off the Kosebakl's momentum after getting the first hit, until Ogumoro finally shut them down after the 10th batter in the lineup.

Hotshots almost came out empty in the first inning but managed to score in one run, courtesy of Erica Tenorio, but they came up with only two hits against Kosebakl pitcher Jennie Scaliem.

In the second and third innings, Ogumoro managed to silence Kosebakl to keep them at six runs, while the Hotshots managed to put up three runs in the second inning and five runs in the third inning to make it 9-6, Hotshots.

The Hotshots seemed like they were able to keep their lead as Kosebakl scored just one run in the fourth inning to make it 9-7. However, Kosebakl was not done as their bats

See KOSEBAKL on Page 19

LEIGH GASES

Lem Ogumoro of Hotshots swings at a pitch during a Budweiser BASA league game between Hotshots and Kosebakl yesterday at the Dandan Softball Field, with Kosebakl coming out triumphant, 15-10.

Rollers dedicate Vegas 'ship to coach Joe's dad

By MARK RABAGO
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ASSOCIATE EDITOR

Rollers won the championship of the 2022 Las Vegas Fil-Am Basketball Tournament this weekend and promptly dedicated the title to coach Joe Diaz's father, Vicente Teregeyo, who recently passed.

Thanks to two clutch free throws by June Christian Alipio with less than 30 seconds to go, Rollers was able to edge Awit Lods, 44-40, in the one-game championship this past weekend.

Playing coach Manny Matagolai, who was one of the sharpshooters of Diaz when he suited up for Garapan Rollers, said his teammates had their former coach in their hearts during the finals.

"We chose to dedicate this to coach Joe. He taught us the game of basketball. He showed us how to be the best that we can be. Be our best on and off the court. He told us that there are so many opportunities out here. Work hard and you'll get where you want to be," he said.

Matagolai also extended the team's sincere condolences to Diaz and his family.

"To one of our greatest supporters, Uncle Ben and coach Joe's dad, rest in peace and thank you for always being at our games. Win or lose, he was always there," he said.

The Rollers playing coach added that it was really fulfilling to finally hit pay dirt in the Las Vegas tournament.

"We were due for it… the first one was when we went to Arizona, got players from here in Las Vegas, combined with Arizona and Washington. We just want to show everyone that basketball doesn't stop just because we left home."

The Rollers finished the eliminations with a 7-3 win-

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CONTRIBUTED PHOTO

The triumphant Rollers team pose for a photo after winning the championship of the 2022 Las Vegas Fil-Am Basketball Tournament last weekend.